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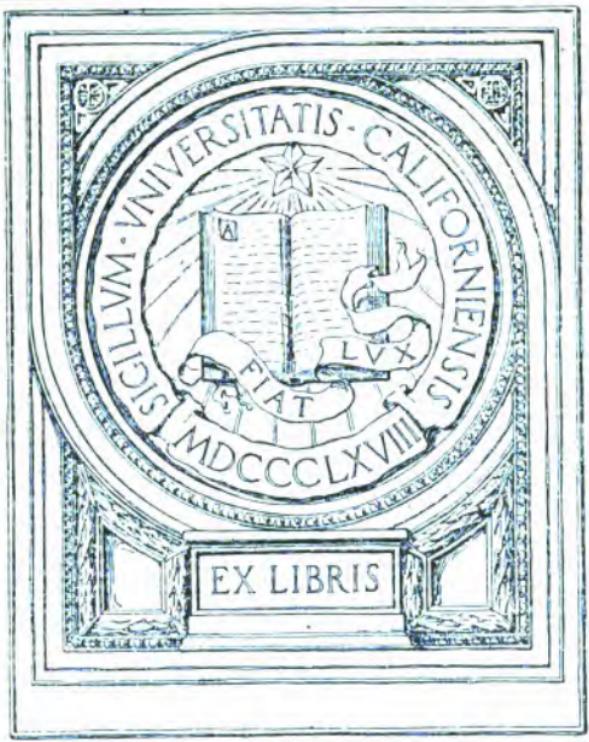
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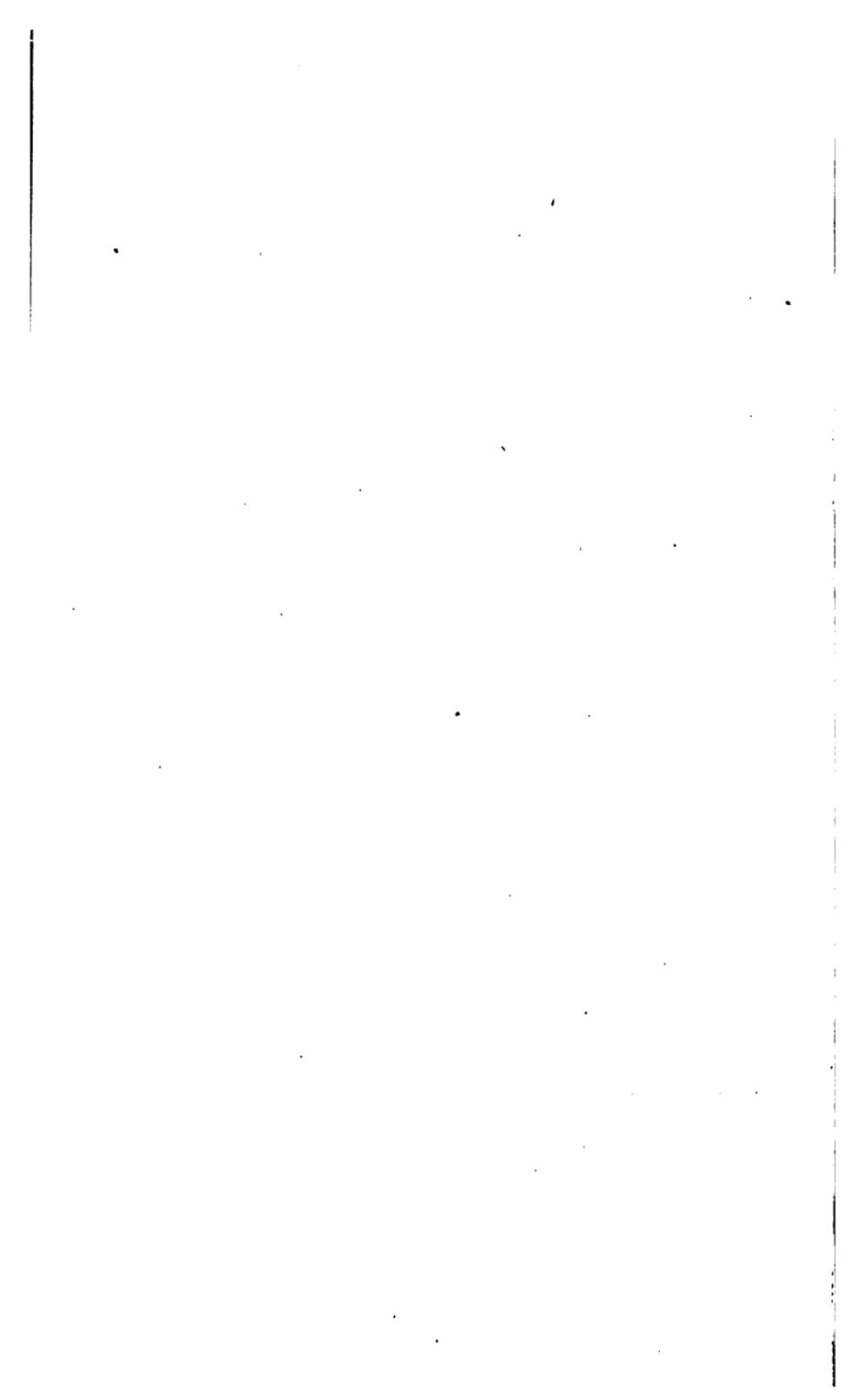
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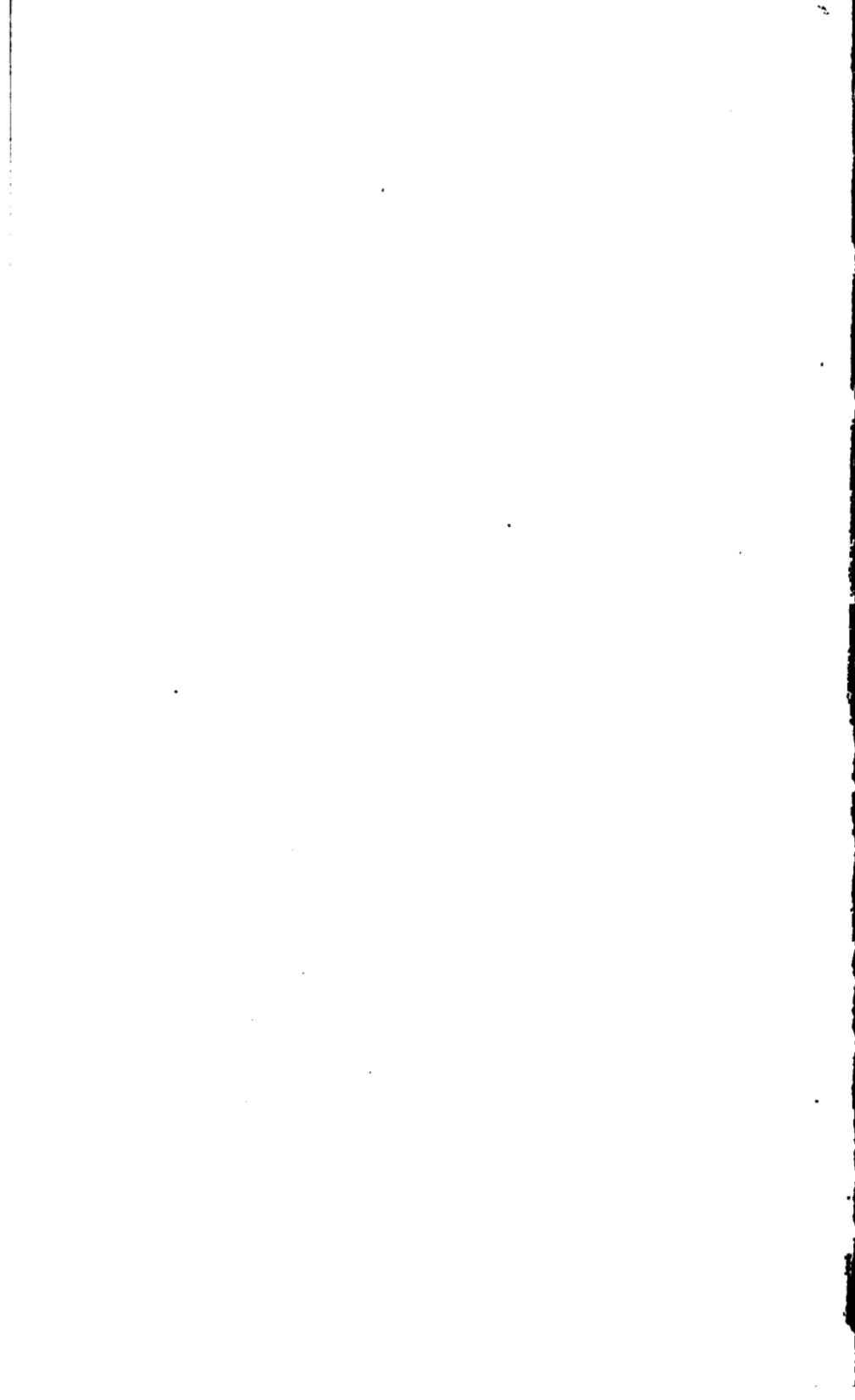
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VACATION BOOK of the CAMP FIRE GIRLS

UNIV. OF
CALIFORNIA



PRICE TWENTY FIVE CENTS

NO VIVI
AMORVIAO

GROW LIKE THE PINE.



Grow like the green pine,
Straight, arrow pointed,
Up, pushing ever up
Heart all undaunted.
Stretch toward the stars at night,
Reach for the sun's first light,
Grow toward the sun,
The sun,
Up to the sun.

Launch on the breathing air
Like the green branches.
Croon to the warm wet mist
That the rain drenches,
Lie free and unafraid
On the wind, tempest swayed,
Out through the air,
The air,
Rest on the air.

Down through the living earth,
Like the roots creeping,
Draw out your life from her,
Sleep with her sleeping.
Thrill when wild spring has come
With sweet delirium,
Down in the earth,
The earth,
One with the earth.

MARGARET BRADSHAW.

•VACATION BOOK•
OF THE CAMP FIRE GIRLS
• " " "



CAMP FIRE GIRLS
NATIONAL HEADQUARTERS

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WHY GO CAMPING?

Every girl wants to go camping, first of all, for the sake of the good time. If she has never been before, she has at least heard her friends talking about it, and has enviously looked at their photograph albums, with pictures of bacon bats, of maidens sporting in the water, of cool, alluring woods with always the "bunch" of girls in the foreground. And indeed that is reason enough, for life would not be worth living for her if she didn't have a good time.

But if she has been camping once, she will know that in this pursuit of happiness she also gets what is good for her. Camp becomes for her something more than a happy memory stored away for future reminiscences, though that in itself is no mean result. The girl who went to camp last summer weighing only 93.5 pounds and gained over twelve pounds in six weeks, as well as the very stout girl who lost eleven pounds, knows something of the physical benefits accruing to a vacation in the open air. She went to find an appetite. She found it, and perhaps spent the rest of her time fishing or hunting for something with which to satisfy it.

"There's nothing like a bit of open sky
To give a touch of poetry to pie."

So one of the Vagabond Singers tells us. And the girl who nibbles a sandwich to the tune of murmuring waters knows this touch of poetry, too. For her appetite is sharpened by the

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"tang" in the forest air, and the breeze from across the water blows all her headaches away. The canoeing and mountain climbing tie her muscles into a hard knot, so that she returns to school or office "more fit" for the day's work. And the best of it all is that in camp she can have a good time without depleting her physical energy, which is more than can be said about some good times in the city or in summer resorts. Her activities—unless she foolishly overdoes—all go to build up strong and enduring tissues. No wonder she knows the zest of just being alive. No wonder she wants to go camping again.

Then, too, shut away from the rest of the world, in the sincere solitude of some wilderness, abiding friendships are formed between girl and girl, such as their brothers have known with other boys. Common experiences, common joys and hardships reveal the best in each girl to every other one, and knit them all loyally together. Camping out is like college in this respect. Ask a college graduate what she considers the most valuable thing she gained at college, and she will tell you, nine times out of ten, that above scholarship or knowledge she prizes the friendships she made there, for they stay by her long after she has forgotten logarithms and French verbs. For girls who can not go to college the summer camp is in a measure a worthy substitute.

Living in the wilderness or by the seashore, friendship with the heart of Man is enhanced by the deeper understanding of the heart of Nature. You learn to love the life that springs forth from the soil, as you come to know the trees and flowers. And you love God's creatures as you study their lives in their natural surroundings.

Through this friendship with Nature, you can, if you will, come into a still greater friendship with the heart of God, for in the

"art-work of His hand" the Great Spirit speaks. And to know the friendship of the three hearts, the heart of Man, heart of Nature, and heart of God, is the greatest education this world has to offer. Bishop Spaulding, in his book on "Education and the Higher Life," has given this thought perfect expression: "To run, to jump, to ride, to swim, to skate, to sit in the shade of trees by flowing water, to watch the reapers at their work, to look on orchards blossoming, to dream in the silence that lies amid the hills, to feel the solemn loneliness of deep woods, to follow cattle as they crop the sweet-scented clover, to learn to know, as one learns to know a mother's face, every change that comes over the heavens from the dewy freshness of early dawn to the restful calm of evening, from the overpowering mystery of the starlit sky to the tender look with which the moon smiles upon the earth,—all this is education of a higher and altogether more real kind than it is possible to receive within the walls of a school; and lacking this, nothing shall have power to develop the faculties of the soul in symmetry and completeness."

WHERE?

"*Where can we camp?*" is the first question that comes to the minds of many Camp Fire Girls in looking forward to their summer plans. From the reports of last summer's camping trips received in the National Office, we find that eight Camp Fires found their camps by personal investigation, three learned of good places through the Y. W. C. A., four heard of places through friends, eleven camps were given the use of property by friends of the Camp Fire, while nine used regular camp grounds before or after the regular camping season.

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To the question, "Where did you camp?" the following answers were given:

"Fresh Air camp given us on the lake shore."

"We used one that had been camped upon the previous month, on a lake-side in the Berkshires."

"In a Y. W. C. A. camp among the Blue Ridge Mountains, N. C."

"On a camp ground used for camp meetings, in an oak wood near the Kishwaukee River."

"By a river eight miles from town."

"Woody hill on a farm near Walkill River."

"In the mountains near both lake and stream."

"Used the Chautauqua grounds in the woods on the Cedar River."

"With aid of our chaperone we explored woods and found a good spot."

"By inquiring at Camp Fire headquarters and through a local real estate agent, we found a log cabin in the woods on the mountains."

"Through the Y. W. C. A. we found a farm in the woods on the shore of a lake."

"A friend offered her land in the hills back of Greenwich, Ct."

"One of the members of our church owns property on the Ohio River and he gave us permission to camp on it."

"Among sand hills covered with cedars and silver maples, with Lake Erie before us and a beautiful sandy beach and a stretch of Canadian farms behind us."

"Army fort on the seashore."

"A party had some lots he wanted to sell, and he let us use a place in the woods on a river, thinking we would help bring folks there."

"On the mountains, at an elevation of 3000 feet."

"A gentleman offered his bungalow on the seashore."

"Y. M. C. A. camp for boys in the woods on the shore of a lake was loaned to us."

It is not necessary, however, to go to regular camping grounds, or to pitch your tent in the remote wilderness. If nothing better offers, your own back yard is a good place for your tent, or the patch of woods near your neighbor's farm. Some people go into the heart of a woods, and set up a summer hotel, and call it camping, thereby deceiving themselves. Others rough it near home, and experience all the thrills of living the primitive life.

The Camp Fire Girls of Whitinsville, Massachusetts, have co-operated and built a camp two miles from the town, located on a lake. Each Camp Fire of the town has the use of the camp for stated intervals during the summer. They earn money during the year for their camping expenses. A graduate of Dr. Sargent's School of Physical Education has been engaged to take charge of the swimming and folk-dancing this coming summer. When the girls leave town for camp they take all the things necessary for their stay, just as if they were going up into the Adirondacks, so they have the feeling and all the advantages of being far from home when they are really only two miles away, and there are no travelling expenses connected with this camp. Situated on a little projection of land, the camp is secluded by forest trees whose thick foliage shuts out all sights of civilization. A kitchen, built of boards and fully equipped inside, with flaps that open out on all sides, affords ample opportunity for the girls to practice their camp cookery. There is a mess tent near by and wooden platforms for six sleeping tents. An interesting part of the equipment is a stone fireplace, with a large crane and

kettle hanging inside. And facing this fireplace is a lean-to, made of logs, where the girls may gather in the evening and look into the fire. The pictures in the back of the book will give the best description of this unique camp. Nothing more ideal has come to our notice. We hope the time is not far distant when many towns will have just such camps as this within easy access.

HOW?

Then how shall we camp? is the next question. Shall it be in tents, log cabin, farm house, or summer hotel?

Obviously, the summer hotel is eliminated if you are planning to go camping, for that has too much of the luxurious city life about it. A farm house is hardly more appropriate for a real camp, especially in these days when farm houses are prone to be up-to-date. But a shack or a log cabin in the woods harks back to pioneer days, and one may live the primitive life there to a large extent. In a tent, however, you will find the most genuinely satisfactory method for camping. For you can pitch it where you will, and live as much like gipsies as your fancy dictates.

If your camp is migratory, or temporary, you would get along well with only a canoe tent which can be readily folded and made into a compact bundle, or even a fly to be attached to convenient trees would serve for temporary protection. If your camp is to be stationary, the oblong walled tent with two tentpoles and a ridgepole will be the most advantageous. A real Indian tepee is the most romantic sort of a tent, but it is not so practical as the regular oblong canvas tent. Some campers have dispensed with tents altogether, simply using their ponchos for protection.

THE CHOICE OF A SITE

Perhaps the most important point to be considered in planning a camping trip is the choice of the site, as the trip may be ruined by a lack of foresight in regard to this matter. The place may be on a mountain, in a valley, or on the plains; it may be near a river or on the seashore. Each situation has its own merits and disadvantages. But there are a few general principles which govern the choice of a site, regardless of its particular nature, and which no campers can afford to overlook.

The Guardian, or someone who knows what sanitary camping conditions are, should inspect the site before the girls go there. The most important requirement is a good supply of pure drinking water. Contaminated water is the first cause of many serious diseases. Too often campers return from their outing only to be sick two or three weeks, thus losing all the benefit of a camping trip. It takes an experienced person to determine whether a cool, clear spring is pure enough to drink or not, and if there is any doubt of its purity the water should be boiled. On a hot day, or after a tramp, it is generally hard to resist the temptation to drink any water that looks cool, and boiled water never looks cool. Hence the importance of locating near a pure water supply.

Special care must be taken of the toilets, unless there is modern plumbing, for often bad water may be traced to such causes. Outhouses should be supplied with pails for refuse, and these should be emptied daily and the refuse burned or buried some distance from camp and in a different place each day. There should be covered cans for the garbage, which should be disposed of in the same way as other refuse. It is very important to guard against attracting flies and other bugs.

A good wood supply is another essential for the ideal camp site, especially if you are planning to do most of your cooking over camp fires.

In choosing a place to sleep, one must be sure that the ground is not soggy. Damp ground that drains easily is not bad when you have ponchos to sleep on, but soggy ground breeds mosquitoes. Often a beach is the objective of the trip, and to the uninitiated sand promises to be a soft bed. But those who have tried it have found it to be harder than wood and twice as uncomfortable, as the sand will sift in between the blankets no matter how you arrange it. However, sleeping near the water is an attraction that to some outweighs the disadvantages of a hard bed, for the lapping of the water against the shore and the starry canopy above give a romantic atmosphere. You must be sure to make this bed well above the highwater line, or the romance will be dispelled by the discomfort of waking in the night to find yourself floating in the water.

A bed in the woods will probably be softer. Dry pine needles or leaves can be piled between two logs, making a comfortable bed. The camper is fortunate if she can find a bank of moss, for nothing can excel a dry moss bed for comfort or for sweet dreams. Horace Kephart, in "The Book of Camping and Woodcraft," recommends that a camper should take an empty tick into the woods, using it to carry things in, and when camp is set, filling it with any soft material he finds there, making a mattress to sleep on.

PITCHING THE TENT

The right situation being agreed upon, the next problem is the pitching of the tent, a feat requiring no small amount of skill, especially if it is to be a more or less permanent camp.

The tent that is most practicable and popular with campers is the oblong walled tent with two tentpoles and a ridgepole. To erect it with no board floor, on turf or sand, it should be laid out on the ground flat, with one side of it on top of the other. The ridgepole is then inserted between the two sides, and placed in the position it should finally have. The tentpoles are put at right angles to the ridgepole inside the tent, the pegs at the ends being stuck through the holes in ridgepole and tent while the tent is still lying on the ground. Two girls then raise the tent by the poles so that they rest upright, with the tent hanging on them. A third girl stretches the corner ropes of the tent as far as she can without tilting the tentpoles, and with a tent peg fastens the ropes to the ground. The other pegs are driven in a straight line between the corner pegs, slanting a little away from the tent, and the other ropes are fastened to these pegs. Then pegs are driven through loops at the bottom of the tent to hold it down securely. Each rope must be tightened, one girl working opposite another on each side so that the tent will not be pulled askew. The tent is then pitched, and all that remains to be done is to dig a trench several inches deep all around just outside the tent, to keep the rain from running into the tent. The girl who pitches a tent wins an honor in camp craft.

If there is a fly, or extra piece of canvas to go over the top of the tent, it should be laid over the tent before the ridgepole is put in, but the ropes from this may be left and tied at the last.

On rocky ground and among trees it is better to have a board floor for the tent, made just the size of the tent. Parallel to the floor along the sides, about three feet away, and the same distance from the ground as the wall of the tent, fix a pole running the whole length of the tent, either by means of scaffolding

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braced to the floor, or by attaching the pole to trees. The tent is raised as in the previous description, but instead of driving pegs, the corner ropes are tied to the side poles. Then the lower edges of the tent are nailed to the under side of the floor, and the side ropes tied to the poles. The front and back of the tent should be kept tied through the whole performance so that when the tent is up they will fit together properly.

TO CARRY BLANKETS

Unless the camping party is going to a cottage or tent colony, it will be necessary for each girl to carry her own bedding and poncho. The best way for girls to carry blankets is as follows:

Place the poncho on the ground in a clean place; on top of this lay your blankets so that one of the long edges of the poncho has nothing on it for at least six inches. This leaves one edge of the blankets on the ground. On this edge lay lengthwise the few toilet articles that you are to take. Get some one to help you roll this up tight, starting on the same edge. When this is rolled into as thin and compact a roll as is possible, tie it securely about fifteen inches from the ends and in the center. Then tie the two end ropes together, leaving the ends of the poncho about four inches apart. Then throw this roll over one shoulder, letting the rope connecting the two ends rest over the opposite hip. When one shoulder becomes tired it is easy to shift to the other side. Some girls rest the shoulders by letting the roll slip from them down to the hips, the ends pointing downward and forward, and the whole is held in place by the two arms which encircle it.

PONCHOS

If the campers have no tents, ponchos are essential, for even thick-leaved trees cannot shelter them from a heavy rain or dew. And if the ponchos are fixed properly they will keep out the rain. Each girl should have a poncho about 66 x 90 inches, and five or six blanket safety pins. If two girls sleep together, they should lay one poncho on the ground, a blanket sheet next, and the blankets over this. Then the edges and the bottom of the blankets are folded in around the blanket sheet on top of the poncho. The edges of the poncho should be folded up over the edges of the blankets, and pinned firmly. Then the other poncho is laid over the whole bed and folded around under the edges, and pinned securely. The two ponchos should extend at the head end sufficiently to rest the head on the under one, and to pull the upper one over the head in case of rain. If the girls crawl in carefully from the head end, they will have a warm and rainproof bed. Any clothes that are taken off for the night should be folded and laid under the head or foot of the bed, for rain or no rain they will be damp in the morning if this is not done. Every sunny morning the blankets should be aired thoroughly.

The poncho also serves as a raincoat on a rainy day. When wrapped in this waterproof you may brave foul weather, and nothing need interrupt your morning walk. It will prove convenient, too, as protection from the damp ground when you take an afternoon nap.

EXPENSES

The question of expenses will occur to prospective campers, but letters from fifty or more Guardians, who took their girls camping last summer, show that no girl need fear that a camping trip is too expensive. One can live more cheaply in the woods for a week than almost anywhere else.

The cost of board ranged from \$2.50 to \$3.50 for each girl per week. In some cases it went as high as \$4.00, and one Guardian reports the cost per capita as \$8.00. Many made the average cost lower, some as low as \$1.00 a girl, but in most of these cases the girls brought food already prepared from their homes.

The general equipment varied greatly, but in the cases where it was expensive the party had to supply their whole camping outfit. Most of the groups found camps already equipped, or borrowed the necessary equipment from other campers.

In the matter of individual equipment, the cost ranged from nothing to \$15 for each girl. It was only a matter of how extensive an equipment each girl took. Some of the girls spent little over a dollar for personal equipment, while many spent nothing extra, as they had been camping before and had the right sort of clothes and camping articles.

We have prepared a list of articles which by experience have been found generally necessary for campers. But some may find that they can get on with less equipment, and others may have articles at home which they can substitute for the regular camp equipment. Some equipment is absolutely necessary, but the fewer conveniences one carries to camp with her, the more resourceful will she become.

Of course, traveling expenses are sometimes to be reckoned

with, but as they vary so greatly for each group, there is no way of setting an average cost.

Here are some typical statistics of expenses taken from the Guardians' reports:

(1) The cost per capita

For traveling was \$1.60

For food, \$2.00 per week

For individual equipment, nothing was spent, each girl bringing just what she already had in the line of camp clothes

For rent of tent and equipment, \$1.00 per week.

(2) The cost per capita

For traveling was 90 cents

For food, \$2.32 per week

For general equipment, 73 cents

For individual equipment, nothing.

(3) The cost per capita was \$4.00 per week including everything.

The following table of all the expenses for two weeks, with nineteen girls, may be suggestive:

- (a) Meats, \$4.82
- (b) Groceries, \$23.63
- (c) Milk, \$3.54
- (d) Drugs, \$2.80
- (e) Tent rent, \$10
- (f) Cooking materials, \$4.30
- (g) Dry goods, \$1.90.

We met all our expenses and saved \$19.44 the first week. The second week we had a big party, so did not save as much.

Some of the girls bought ponchos and blankets, but aside from that little was spent on individual equipment. The traveling expenses were 85 cents for each person, round trip.

(4) It cost per capita

For traveling, nothing

For food, \$1.30 in money and provisions

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For general equipment, 50 cents, covering drayage, etc.
For individual equipment, \$1.80.

- (5) Eighteen girls camped for one week, and the cost per capita
For traveling was \$1.20 round trip
For board, \$3.50
For registration, \$.50
Total for each girl, \$5.20.

RAISING MONEY FOR CAMPING

Many of the groups which went camping last summer paid part or all of their expenses from the common fund earned by the girls during the winter. One Camp Fire gave an adaptation of "Hiawatha," and cleared over \$100. Half of this sum was given to the State Federation Student Loan Fund, and the rest was added to a camping fund. Another group gave "Every Girl," the play which appeared in the October *St. Nicholas*, and thus raised a fund for their yearly dues and honor beads.

Two Camp Fires in St. Cloud, Minn., gave outdoor plays on the banks of the Mississippi River, where there was a natural outdoor theatre. The girls gave three folk plays: one Italian, one English, and one French. After the Italian play, one of the girls, dressed in an Italian peasant's costume, sang a folk song in Italian, and after the English play, another girl dressed in early English costume sang a quaint English folk song. After the last play all the girls quickly slipped on their ceremonial costumes and sang the Camp Fire Song, "Better Run Away," as a hint to the audience. They cleared over \$17, besides getting a good start toward their folk-lore honors.

Still another idea for entertainments is suggested by the

Sokokis Camp Fire at Bar Mills, Me. They gave two entertainments during the Song Moon, the programs consisting of Camp Fire Songs sung in unique ways. Dressed in blue serge skirts and white and blue Camp Fire middies, they marched down the aisles singing the "Walking Song." For the "Work Song" they had caps and aprons, and were engaged in the different occupations spoken of in that song. They sang "Mammy Moon" dressed in ceremonial costume, and seated in a semi-circle in the dim light. After lighting the candles they sang "Burn, Fire, Burn." Solos were rendered during the intervals necessary for the changes of costume. The two evenings netted them \$25 which was laid aside for camping-out expenses.

One group earned \$8 selling Larkin Soap, and \$22 for selling nut chocolate. Another raised the money for the annual dues by selling tickets at ten cents, and gave an Auction Party, bidding with beans on the packages; they also served refreshments, and cleared \$18. A small Camp Fire in a little town did well to raise \$7 by a nickel social. They sold pumpkin pie, popcorn balls, home-made candy, doughnuts and coffee for a nickel apiece.

The Canton Minnehaha Camp Fire gave a sale of Hand Craft and Home Craft articles at the home of their Guardian, and took in over \$23. With only four weeks' preparation the Minneyata Camp Fire of Chicago gave a bazaar. The booths were formed by tables in the doorway of tents, which were elaborately decorated with Indian things which had been collected for the occasion. The girls in their ceremonial costumes fitted into the setting. The girls in each booth had a list of all the articles in their booth, which were checked off as they were sold. In this way every cent was accounted for, and at the close it was discovered that they had cleared \$106, enough to furnish a Camp

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Fire room, and to give also to some charitable purpose. Food sales, teas, and sales of fancy articles are used with variations by different groups to raise money, making anywhere from \$8 to \$50.

To raise money for a summer camping trip is a spur to invention. All the ingenuity of a girl is brought out in giving an entertainment or officiating at a sale of articles. And there is nothing more conducive to binding the group together as the team work involved in getting up just such affairs. The girls will appreciate their outing so much the more for having exerted their energies in earning the money for their summer outing.

GETTING MEALS AT CAMP

In deciding what to have for food on a camping trip, take only what can be fairly easily prepared, that does not take too much equipment, and is good and wholesome. Simplicity is the best rule. Girls do not need a highly seasoned food. In camp you will be surprised at how good the simplest food will taste. A great variety at one meal is entirely unnecessary. If you have plenty of what you do have, every one will be satisfied. It would be well to have a meeting of all the girls around the fire shortly after arriving at camp to divide the work. There are various ways of apportioning the work at camp. Two girls can work well together. The work to be arranged for can be divided as follows:

- Cooking
- Washing dishes
- Getting supplies
- Building the fire.

Or two girls should be appointed for a whole meal, dishwashing as well as cooking. For then the girls who cook are responsible for cleaning up after themselves, and would hence learn to be more careful. If a girl burns her apple sauce on the bottom of the kettle, she will be the one to scrape it off, and she will learn to be more careful in the future. This plan has proved more practical in our experience, as it makes each girl responsible for work one part of a day, and the rest of her time is entirely free. Lots may be drawn as to which girls start on which duty first, or the girls who know the most about it may be appointed to certain work first so that the others may learn. Deciding in this way ahead of time upon definite assignments of the work saves one or two girls from bearing the brunt of the work, and prevents a lot of trouble.

BUILDING THE FIRE

Care must be taken in making fires not to build a big fire in a strong wind in the woods or near anything that might catch fire. In building the fire, clear a space around it of all leaves and small wood. For cooking you need only a small fire. If it is larger than necessary, it is hard to tend to the cooking because your face and hands get so hot. Then, too, it is a waste of fuel which you may need later on.

The best fire for steady cooking is made by placing two logs side by side on level ground, about six inches apart. The space between is filled with dry wood, and the result is almost as good as a kitchen range. A small cook fire is often more convenient. In that case two sticks, forked at one end, are driven into the ground about four feet apart, and a third placed across the two

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forked ends, from which kettles and pails may be hung over the flame.

A good way of building a fire place, giving a bed of coals for baking or roasting, was used by boys at a Y. M. C. A. camp. They dug a hole in the ground about 14 inches deep and 3 feet in diameter. They built a fire in this hole, piling on the dry wood until they had a mass of flames and coals as broad as the hole. Then two or three large stones were placed around it, making a useful fire place.

The best fuel wood is birch bark, for even rain cannot dampen its blaze. Hickory is good when you want a deep, hot fire for cooking. Apple is also good, but most campers are not likely to get much of it. The green woods that burn most readily are white and black birch, hard maple, ash, oak, and hickory. For fires in the woods, or in tents or cabins, hemlock, spruce, cedar and larch should not be used, for they snap badly and the sparks are liable to do considerable damage.

Camp Fire Girls are awarded honors of patriotism for helping to put out a forest fire. They should be no less commended for preventing forest fires, and indeed if all campers and rangers were as careful as Camp Fire Girls about putting out their fires after they are through, there would be no need for laws such as the Massachusetts law which prohibits picnickers from building a fire anywhere in the State.

But a fire is such a treacherous thing that even Camp Fire Girls should be especially cautious in leaving it in the woods. An experienced camper tells of an incident that illustrates this point. After cooking on a fire in the woods, she poured water on it, and covered it with dirt, thinking that every spark of life was quenched. But in the afternoon a flame broke out among the leaves several yards away from the place of the fire. And

she discovered that the pine needles on the ground made a sort of a peat formation, which acted like punk, keeping a spark alive for hours. And the spark had crept along the ground until it had come to something dry enough to crackle into flame. So for the sake of conserving the forests, every camper should be very careful about putting out fires. The only really safe way is to bury the remains of the fire in the ground.

BREAKFASTS

I

OATMEAL

2 qts. or eight cups of actively boiling water.

2 tsp. salt.

Add slowly 1 pt. or two cups of rolled oats. Cook about $\frac{1}{2}$ hour, stirring constantly with a long, clean stick after it begins to thicken.

CHOCOLATE

2 cans (10c) evaporated milk.

6 cans of water.

$\frac{1}{2}$ cake Baker's cooking chocolate, shaved fine.

$\frac{1}{2}$ cup sugar.

Mix and cook until the chocolate is entirely melted and you cannot see little grains on the spoon when you lift out a little. Bread toasted on sharpened sticks and a marshmallow or two to put in the chocolate complete the menu.

II

FLAPJACKS

$\frac{1}{2}$ small box of prepared pancake flour.

Mix according to directions on the outside of the package; grease the pans with bacon rind or slices of bacon; cook a cake large enough to almost fill the pan, which should be hot enough to make the fat just smoke a little.

CHOCOLATE

Made as in I.

The girls who are cooks should cook one flapjack apiece around, and each girl should eat hers as she gets it before it becomes cold.

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After everyone has had one then the girls should bid for the pan and each one cook her own. It is great fun to learn to toss the cake in the air to turn it.

III

FRIED EGGS

CHOCOLATE AND BISCUITS

IV

CORN MEAL MUSH

$1\frac{1}{2}$ cups corn meal.

$\frac{3}{4}$ tsp. salt.

3 pts. boiling water.

Add the salt to the boiling water and stir the corn meal in slowly. Boil about ten minutes, until it has thickened as you want it. Stir continually to prevent scorching. If a double quantity is made, the remainder may be fried for supper.

TOASTED BISCUITS

Cut open left-over biscuits, moisten slightly, place in broiler and toast over hot coals.

V

RICE GRIDDLE CAKES

These are made the same as regular flapjacks, except that cold boiled rice is substituted for an equal amount of flour. Cold boiled potatoes, oatmeal or corn meal mush may be used in the same manner.

CHOCOLATE AND BREAD

VI

CREAMED CODFISH

Prepare 2 pints of white sauce, as per recipe below, omitting salt, and while it is boiling stir in $1\frac{1}{2}$ cups of shredded codfish.

WHITE SAUCE

A piece of butter the size of an egg.

1 dessert-spoonful flour.

1 pt. milk.

Melt the butter in the frying pan, rub in flour until smooth, then add milk and stir while allowing it to boil 10 minutes.

BAKED POTATOES

A good bed of coals is necessary for baked potatoes. They should be buried in a bed of hot ashes, surrounded by hot coals, and left about 20 minutes. In spite of the ashes on the outside, this is the most delicious way to cook potatoes at camp.

DINNERS

I

CORN CHOWDER

6-7 slices bacon.

2 onions sliced.

Cook slightly in a large pot and add:

1 qt. water.

4 medium-sized potatoes sliced.

4 level tsp. salt.

Cook until potatoes are done and add:

1 qt. can of tomatoes.

2 cans corn.

Cook until all has boiled a minute or two, and add a few broken crackers and serve.

DESSERT

Bread and butter and jam make a fine dessert with this.

II

BROILED HAM

Cut ham, smoked and sliced to broil, into pieces large enough for each girl to cook on a long, sharp-pointed stick. The fire should be made some time before, as hot coals are better than flame for broiling.

BOILED POTATOES

Do not peel potatoes on a camping trip, as the skins keep the dirt out until they are ready to be eaten. Put a saucepan on the fire with 12 medium-sized potatoes more than covered with water. Keep the fire burning well until they are done. Pour the water off and let them stand until ready to eat.

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CANNED FRUIT DESSERT

1 qt. can should be enough.

III

BEAN SOUP

$2\frac{1}{2}$ cups of beans.

1 tsp. salt.

A pinch of onion.

A little mustard.

$\frac{3}{4}$ cup of salt pork diced.

$2\frac{1}{2}$ qts. water.

Soak the beans over night, add the ingredients, and boil for three hours, or until the beans are soft. As the water boils away, add more to keep it the desired quantity.

BERRIES OR FRUIT DESSERT

IV

BROILED STEAK

Cut the steak in slices $\frac{3}{4}$ of an inch thick. Get a long, sharp, forked stick and broil just as you did the ham in II.

ROASTED CORN

Do not remove the husks from ears of green corn. Make a pit with stones and fill it with hot coals. Put the ears of corn on top of the coals, cover them with grass, and sprinkle water over that. Leave for about $\frac{3}{4}$ of an hour. Dig the ears out, unwrap them, and serve with butter and salt. They are delicious.

V

BROWN FRICASSEE

Cut about four pounds of meat into convenient pieces. Sprinkle with salt and pepper, place in a frying pan in which some bacon fat has been melted, add an onion or two, and fry slowly, dredging with one heaping tbs. flour. As soon as the meat and flour are brown add two cups of hot water, cover, and let simmer until ready to eat.

FRIED MUSH

Cut the mush left over from breakfast into slices and fry in bacon fat to a crisp brown. Served with syrup, it makes a good dessert.

VI

FRIED FISH

Clean the fish and remove the heads, tails and fins. Open through both belly and back, and dry. Sprinkle with salt and pepper, lay in frying pan, and place over the fire. When hot, rub with a piece of bacon, and do this frequently until the fish are done.

BAKED POTATOES

FUDGE ON BREAD

SUPPERS

I

TOMATO BISQUE

Stew 1 qt. can of tomatoes.

Make a cream sauce in the meantime with

$\frac{1}{2}$ cup butter.

$\frac{1}{2}$ cup flour.

Cook until smooth, stirring constantly. Add two level tsp. salt, $1\frac{3}{4}$ qts. milk, or 1 pt. can evaporated milk and 1 qt. water.

Pour this slowly into the flour and butter, stirring constantly. When it has thickened well, take it off the fire until everything else is ready. At the last minute pour in the tomatoes and eat immediately, using cups for saucers. If the cream sauce is well blended and the tomatoes well cooked, there is no reason why this should curdle.

FUDGE

Mix 3 cups sugar with

3 squares of unsweetened chocolate.

$1\frac{1}{2}$ cups milk, or 5c. can evaporated milk and

$\frac{1}{2}$ can water. (Use no butter with the latter.)

$\frac{1}{2}$ tbs. butter.

Cook together in the frying pan until it forms a soft ball when dropped into cold water; set to one side until you are ready to eat it, when each girl should have a spoonful of the hot fudge poured on a slice of bread.

II

BAKED BEANS

The simplest way to have these is to bring canned beans from home, or some that have been already baked at home. Three 15c. cans of Heinz's would be

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necessary. The cans should be opened and placed in a frying pan, and heated through.

Or they may be baked in a bean hole, after the old-time manner of baking beans. Wash $2\frac{1}{2}$ cups of beans and parboil them until their skins will split suddenly when blown upon. Wash again in cold water, drain and pour into a bean pot to the depth of about two inches. Then place a piece of salt pork as large as the fist in the center, and pour the rest of the beans over and around it. Add one teaspoonful of salt, 1 tbs. sugar or molasses, and cover with warm water. Place a piece of thin cloth over the top, and force on the lid.

A hole $1\frac{1}{2}$ feet in diameter and $1\frac{1}{2}$ feet deep should be prepared in advance; a fire should be kept burning in it for several hours prior to its use, and the stones should be made hot. When the beans are ready, the ashes, coals and stones should be raked out, the prepared pot put in the hole and covered with hot coals and stones. The whole should be covered with earth, and in case of rain with pieces of bark, and should be left for eight or ten hours.

PEACH SAUCE

Dried peaches that have been put to soak in the morning may be made into a sauce for dessert. Put cold water on one lb. of soaked dried peaches and let them stew slowly until they are very soft. Add $\frac{1}{2}$ cup of sugar and boil about five minutes. These may be eaten hot or cold.

III

CORN SOUP

Make a cream sauce as for the tomato bisque. Add to this 2 cans of corn. Cook about five minutes, then serve hot with crackers. Dates and nuts make a fine dessert.

IV

BOILED RICE

$1\frac{1}{2}$ cups rice.

2 level tsp. salt.

$2\frac{3}{4}$ qts. boiling water.

Wash rice well in cold water and drain, then add it to the boiling, salted water, and let it boil hard, uncovered, from 12 to 20 minutes, adding more water as it boils away. Taste, and when done, drain and set over the fire to dry. This is the safest way to boil rice. It can be served with a gravy, or with milk and sugar.

BREAD AND JAM

V

CREAMED DRIED BEEF

Make a white sauce as for creamed codfish. Add dried beef shredded fine, and serve with toast or boiled potatoes.

APPLE SAUCE

Peel and quarter sour apples, and put in a saucepan, covering with water. Boil until the apples become soft, being careful not to burn it. Add sugar, and vanilla or lemon flavoring just after removing from fire.

EQUIPMENT**PICNIC OUTFIT**

For a sandwich lunch with no fire, paper cups will be the only necessity besides the lunch prepared at home.

If the sandwich lunch is to be prepared at camp, you will need the following articles:

Bread knife; butter knife; jack-knife with which to cut sticks for cooking bacon, corn, meat; hatchet, if wood has to be cut for fire; matches in waterproof can; and paper cups.

If the meal is to be prepared at camp, and requires cooking, you will need, in addition to the above, a water pail, paper plates, a frying pan for beans or flapjacks, a deep covered pan for cocoa or soup, soap and a towel.

ONE NIGHT EQUIPMENT

The following table has been planned for six girls, allowing for two meals.

I. IN AN EQUIPPED HOUSE:

Toilet	Soap.
Articles	Towels.

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Toothbrush.
Night clothes.

Food

Supper:

Six good sized potatoes, or $1\frac{1}{2}$ cups of rice.
Meat: 2 pounds top round ground.
Vegetable: string-beans.
Fruit, or jam, or some sweet preserve.
Bread: ten-cent loaf.
Butter: $\frac{3}{4}$ pound for night and morning.

Breakfast:

$\frac{1}{2}$ dozen eggs.
Bread: five-cent loaf.
Milk: 1 quart.
Sugar: $\frac{1}{2}$ pound.
Shredded wheat: $\frac{1}{2}$ dozen.

2. IN TENTS:

<i>Toilet</i>	Soap.
<i>Articles</i>	Towels. Toothbrush. Night clothes. Wash basin. Toilet paper.

Food

Supper:

Corn chowder
 1 can tomatoes.
 2 cans corn.
 1 onion.
 Salt.
 3 potatoes.
 Bread: 3 five-cent loaves.
 $\frac{3}{4}$ pound butter.
 Jam or marmalade.

Breakfast:**Flapjacks:**

- $\frac{3}{4}$ pound sliced bacon to grease the pans.
- 1 small box prepared pancake flour.
- $\frac{1}{2}$ pint of syrup.

Chocolate:

- $\frac{1}{4}$ pound chocolate.
- $\frac{2}{3}$ pound sugar.
- Evaporated milk, 3 five-cent cans.

Cooking and 1 big saucepan with cover.

Eating 1 bread knife.

Utensils 1 jack-knife.

- 1 big spoon.
- 2 pails—one for water, one to mix cakes in.
- 6 paper plates.
- 6 large tincups for soup and chocolate.
- 6 teaspoons.
- 1 spreading knife.
- 1 frying pan.

General 1 lantern.

Equipment 1 hatchet.

Blankets according to the weather.

Matches in water-tight cans.

Dish towels.

Paper napkins.

Camping clothes.

Sweaters.

Book of short stories.

3. OUT-OF-DOORS:

Same as 2, with one poncho for each girl. The poncho must be large, about 5 x 7 feet. It is necessary to have waterproof covering, both above and below, in a country where there is rain or dew. With the poncho, she will need a large army blanket, a blanket sheet of some dark color, and 6 large blanket safety pins.

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ONE WEEK EQUIPMENT

Six girls camping out for one week will need the following articles:

Hatchet. The best balanced hatchet is the "C. A. C. Damascus Axe," costing \$2.00 when purchased from Abercrombie & Fitch, 53 West 36th Street, New York City.

Match Can. Any water-tight can, such as a cocoa can, is good for this purpose.

Mirror. A hand mirror is not too large to put in your pack and is all that is necessary.

Cooking Outfits. Abercrombie & Fitch carry several kinds of cooking kits at different prices and qualities. It is not necessary to pay as much as regular sportsmen do. Ordinary enameled ware does well enough.

Frying Pans. Heavy cast iron pans wear well, and are best for cooking, as things do not burn so quickly in them as in the sheet iron pans. However, the sheet iron pans are lighter, and more convenient if you have to carry the outfit much.

Stockings. Heavy stockings are the only thing for camp. Besides being more durable, you may need the extra warmth in the woods, and they are also better protection against bugs. Any guaranteed stocking would do. "Holeproof Hosiery," \$2.00 for six pairs, can be bought in almost every city.

Short Skirt. The Camp Fire Outfitting Co. carry short skirts of different materials.

Bloomers. The Camp Fire Outfitting Co.

Middies. The Camp Fire Outfitting Co.

Sweater. The "Star" Shaker Sweater is a warm sweater that will stand wear.

Outing Hat. The Camp Fire Outfitting Co.

Bathing Suit. The Camp Fire Outfitting Co.

Poncho. The A. J. Tower Co., 519 Broadway, New York City, sells a good oiled poncho, size 66 x 90 inches, for \$2.00. This is reasonable in price. The ordinary poncho, sold in so many sporting stores, is generally too small, as it will not cover your blankets well, nor keep off the rain.

Blankets. The army blanket is ideal for camping, as the dark color prevents the dirt from showing. Since the dirt is healthful dirt, it is not necessary to go to the trouble of keeping the blankets white and clean in the woods as at home. They can be bought in almost any store that carries blankets, and should cost about \$4.00 or \$5.00, according to the weight. Blanket pins can be bought in some five and ten-cent stores, and in department stores for five cents apiece.

Blanket Sheets. These can be bought in any department store in the blanket department, for about \$1.00 a pair.

Cots. Folding canvas cots are good, although not quite as comfortable as spring cots.

Charles Rouss, 549 Broadway, New York City, carries the following cots:

Canvas cot—the legs fold under—costs approximately \$1.00.

Army cot—the legs fold up, and the cot folds into a small compass—this is supposed to be more comfortable than the other, and sells for \$2.10.

Spring cot—sells for \$2.75.

The mattress to fit, made of shavings with a cotton top, costs \$1.65, and is very comfortable. The same mattress with cotton on both sides costs \$1.95, the advantage being in that it can be turned.

Stove. There are stoves of all prices and varieties, but a kerosene stove is usually the best, as kerosene is easier to get than other fuels.

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GENERAL EQUIPMENT

There are certain articles of general equipment that cannot be dispensed with in camp.

One or two hatchets.	Toilet paper.
One lantern.	Laundry soap.
One match can.	Sewing bag, well equipped.
Nail brush.	Two saucepans and covers.
Wash basin.	One bread knife.
Mirror.	Two spoons—long handles.
Dish cloth.	Two pails—8 quarts.
Dish towels.	Two large frying pans.
Dish pan.	One saucepan—4 quarts.

INDIVIDUAL EQUIPMENT

The following list is the complete outfit for each girl who goes camping for a week or longer.

Plain underwear—2 sets.
Heavy stockings—3 pairs.
Sneakers or heavy shoes according to the location.
Short skirt.
Bloomers—dark, preferably woolen.
Middies—3 white or khaki, 1 heavy and dark.
Sweater—heavy and dark.
Outing hat.
Bathing suit.
Toilet articles—
Towels—2 hand and 1 bath.
Toothbrush, with paste or powder.
Hand soap.
Wash cloth.
Night clothes.

- Poncho—66 x 90 inches.
- 2 blankets—large and warm.
- Blanket pins.
- Blanket sheet.
- Knife, fork and spoon.
- Large tincup.
- Plate.

ACCIDENTS THAT MIGHT HAPPEN IN CAMP SPRAINS

When a girl turns her ankle it may mean only that some of the fibers of a ligament have had a little extra strain. The ankle may hurt for a few minutes but the hurt amounts to nothing. If the ligament has been pulled away from the bone, or if it has pulled a piece of the bone off with it, the sprain may become serious. The sprained ankle or wrist quickly swells, and this swelling is painful and injurious, as it keeps the ends of the torn ligaments away from the bone to which they must re-attach themselves. Keep the sprained ankle, knee or wrist under cold water until bandages are prepared. Alternate hot and cold applications will cause the swelling to go down a little before bandaging. It is well to hold the injured joint as high as convenient, so as to let as much blood as possible flow from the joint. Before putting on the bandage, a little well-directed pressure by the hands upon the swelling to drive the extra blood and lymph towards the heart is good practice. Now bandage the joint so that the pressure will come on the soft parts. To accomplish this, place little wads of cotton over the soft parts, filling every hollow and keeping them in place by light bandaging. After the cotton is all placed, the whole joint should be tightly

bandaged, but not above the injury. The bandage should be changed every day, and the joint rubbed a little each time to assist the circulation, thus avoiding permanent stiffness.

WOUNDS, CUTS, AND BRUISES

Punctured wounds, caused by nails, fishhooks, thorns, glass, etc., are liable to be more dangerous than other wounds, because they are often deep and are not so easily cleansed. The first thing to do with such a wound is to cleanse it with water which has been brought to the boiling point and cooled, after which it should be gently squeezed so as to make the blood flow from it, and the germs will be likely to come away with the blood. Now take a piece of absorbent cotton or a piece of clean cloth soaked in the clean water and bandage it on. If possible, it is better to fill a little syringe, such as a clean ink-filler syringe, with the sterile water, and squirt it deep into the wound. Our best authorities tell us that antiseptics often injure a wound more than they help it and that clean water is the best antiseptic wash.

Cuts caused by sharp instruments should be cleansed with antiseptic, and held together with surgeon's plaster by putting a piece of the plaster on each side of the cut and sewing the plaster together. If an artery is cut, there is danger of bleeding to death unless bleeding is stopped. The arm or leg should be held up so that the blood will not flow into it so readily. Then the thumb or fingers should be placed firmly against the place where the blood flows and held until the doctor comes, and one should not take the pressure off even to see if the bleeding has stopped.

A bruise caused by blows with rough objects may result in broken skin, in which case it should be cleansed carefully with an antiseptic solution, and a piece of cotton or cloth wet in the

solution should be laid over it and bandaged. When the skin is not broken, it is well to apply cloths wrung out in hot water. This tends to keep the blood in circulation.

BURNS

1. First degree burns only cause the skin to turn red.
2. Second degree burns cause blisters.
3. Third degree burns destroy the tissues of the skin.

First degree burns are best treated with soda and water. Soft clean cloths soaked in water, in which common cooking soda has been dissolved, should be laid carefully over the burned parts. Then to shut out the air, these first bandages should be covered as completely as possible with woolen cloths or cotton batting.

Second degree burns are treated in the same way. Blisters should not be touched for twenty-four hours; then they should be drained by snipping the center of the blister with a pair of sharp scissors and carefully pressing the sides of the blister together, and bandaging it with an oil dressing.

Third degree burns should be treated with oil, which should be gently poured over all the burned places. Then soft cloths soaked in oil should be laid on, and the whole carefully covered with woolen cloths or cotton batting. Carron oil is the best kind of oil to use. Salad oil is good; Castor oil, glycerin and vaseline, and even lard and unsalted butter will do.

POISONOUS PLANTS

Mushrooms. It takes an expert to select edible mushrooms from the poisonous kinds. The only safe way for most people is to leave them alone.

Berries. It is unsafe to eat berries you find in the woods unless you know what they are. Poke berries and holly berries

are both poisonous. The remedy for any internal poisoning is to take an emetic.

Poison Ivy. It is easily recognized. Its leaves are always grouped in threes. When they first come in the spring they are red and waxlike in appearance; in summer they are glossy green, and in the fall they turn scarlet. The poison is found in all parts of the plant, and the plant is poisonous in all seasons of the year.

Swamp Sumac. This is the most poisonous shrub in the United States. Its poison is the same as the poison ivy. It is easily distinguished from the sumac found on hillsides and pastures, as it lives in swampy places. It has long racemes of white berries, while the common sumac has clusters of dark crimson fruit.

The following jingle will help one remember the distinction between poison ivy and woodbine, and swamp sumac and common sumac:

Berries red—
Have no dread;
Berries white—
Poisonous sight;
Leaves three—
Quickly flee.

In 1897, Dr. Pfaff, of Harvard, conducted some experiments and found that the poisonous element in poison ivy and swamp sumac is a heavy, gummy oil. The way to remove grease or oil from one's skin is to use soap and water slightly warm, and this is a treatment for ivy-poisoning. Many remedies are suggested, but nothing is better than this thorough scrubbing with soap and water.

DROWNING

Artificial Respiration.—Professor Shaefer was appointed by the English Government as head of a commission to find the best way of resuscitating a drowning person. He found through experiments that by a certain method of manipulation he could make a person breathe more air into his lungs than could possibly have been breathed by that person if unaided. This method is as follows:

Turn the person on his stomach on a level place. Turn the head to the left side, so that the mouth and nose are away from the ground. Either kneel by the side of the patient or sit on his hips, and place both hands over the small of the back, with the thumbs nearly touching and the fingers spread out over the lowest ribs; then swing yourself forward, counting three slowly on this forward movement. Now quickly swing yourself backward, releasing the pressure, but keeping the hands on the body in the original position and the arms straight. In three more counts repeat this movement. This should be done ten or twelve times a minute without pausing between the movements.

While one person is giving the artificial breathing, others can be getting dry blankets or hot-water bottles, or they can be rubbing the arms or legs of the patient. There should be no attempt made to force the patient to drink anything until after breathing is restored.

It is well worth while to practise artificial respiration. It is not only useful in cases of accident from drowning, but whenever an accident of any kind has caused a person to stop breathing.

Do not wait for a doctor.

Do not wait to remove the person's clothes.

Do not wait for anything.

The one thing absolutely necessary is to make him breathe.

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Not a second's time should be lost. In artificial breathing lies the one hope of saving the person's life.

THE EMERGENCY KIT

It is well to be prepared for emergencies, and some simple drugs are very necessary at times. The change of climate and water often cause constipation, and other ills arising therefrom. And in cases of poisoning or bruises or burns, with no doctor within reach, a life may depend on having the right remedy. The emergency kit should contain the following articles:

Cathartic—

Castor oil.

Emetic (in case of poisoning)—

Mustard or

Ipecac.

Bandages.

Surgeon's Plaster.

Absorbent Cotton.

Antiseptic—

Sterile water.

Soda (in case of burns).

Oil (in case of burns).

Carron oil, castor oil, vaseline or glycerin.

Syringe (even an ink-filler will do).

Hot-water Bottle.

CAMP ACTIVITIES

If girls are going camping for two or three days only, they will not want to be burdened with a definite program of activities. But if they are to spend a week or longer in camp, it will be well to have certain definite things prepared to fill in the days. Out-

door life is coupled with games and athletic sports of all kinds. On a camping excursion, naturally, games demanding little or no apparatus are preferable. Such games as Run, Sheep, Run, Hare and Hound, Hide and Seek, and Duck on the Rock are described in most books on playground and school sports. Jessie H. Bancroft's "Games for the Playground, School and Home" is a good reference book.

If the camp is near a body of water, canoeing, sailing, swimming and diving will take the lead among the activities. Canoeing and sailing require considerable skill, and should not be attempted unless the girls can swim enough to save themselves in case of accident. The value of swimming and diving can hardly be over-estimated, for they are more than physical exercise. There is a distinct mental and moral value in the control of muscles and in the self-confidence required of any one who makes a plunge into deep water. One of the larger summer camps has found it desirable to keep a written record of each girl's swimming prowess. Each new attainment is recorded on a chart, and the girl's interest is aroused in learning to do new things in the water.

For certain days and certain moods nothing is more alluring than a walk across country. Often a rainy day is the best for a tramp. The interest of such outings may be enhanced by having some objective point, either a picnic supper or a visit to places of interest. If it is berry-time, there is the added zest of foraging for one's food in picking berries.

Folk-dances are splendid for fostering the ideals of beauty in action, and the group spirit. The variety of dances which may be used is almost unlimited, for in these days of physical education there are numerous collections of dances from many different nations. And there are beautiful American group dances,

among them the Virginia Reel, Hull's Victory, Lady of the Lake, Portland Fancy, and French Reel, which are peculiarly adapted for outdoor dancing.

But girls, even Camp Fire girls, cannot be exercising all of the time, and during the long summer days there are many moments which can be given over to hand work, and especially to arts and crafts. Some girls might be interested in making camp furniture. Two tomato-can boxes, one on top of the other, make a handy washstand. A bundle of twigs from an evergreen tree will make a serviceable and picturesque broom, while a shredded wheat box on legs makes a good table with a handy place for writing materials. It is great fun to make an Indian willow bed, for it gives one a feeling of being next to Nature, and calls forth all a girl's resourcefulness.

A real camper should know how to tie two or three knots, not for beauty but for endurance. The kind of a knot that girls usually tie is called a "granny" knot, because it is so insecure. The square knot is the most useful, and will never untie of itself, the bowline serves when you want a loop at the end of a rope that will not tighten or slip, and the clove hitch is good for tying boats or horses. Ernest Thompson Seton's "Book of Woodcraft" again is a good reference.

Bead work is a delightful occupation for one's fingers during the rest hour, and while listening to reading. Many girls have made their bead bands for their ceremonial dress while reading to each other.

The practicability of pottery as a camp activity depends upon how near the camp is to a good kiln. Most potteries will fire any articles that are sent to them for a small fee. The principles of pottery are simple, and the girls can forge ahead by themselves in making it as complex and fine as they care to, after

mastering the first principle. It would be well for one person, who is going to camp, to take some lessons in clay pottery, learning the coil method of making dishes, just how wet to have the clay, how long to let the article dry before scraping, and how to scrape it. With little outlay many beautiful things can be made and sold, and money can thus be earned for the Camp Fire.

Basketry also takes little in the way of equipment, though the demand for baskets is not so great. The trays and sandwich baskets are in most demand. Brass and silver work require expensive equipment, but the work is so fascinating that it is worth while. If one were thinking of doing this kind of work at camp, however, she would do well to go to some arts and crafts school and ask the person in charge how and where to get the outfit.

Wood-block printing is used by the girls in decorating their ceremonial costumes. It is a simple process, and gives neater work as a rule than stenciling. The design to be used is carved in a piece of pine or sweet gum wood, the part to be printed left high, and the rest cut down at least one-eighth of an inch. A pad is made by covering a smooth board with newspapers and a piece of white muslin tacked firmly over it; the material to be stamped should be dampened, and the latter stretched smoothly on the pad. The oil paint, which is the same as used for stenciling, is mixed in a little dish with turpentine and a couple of drops of acetic acid. The raised portion of the block is then painted with this color, and the block placed on the material. With a small mallet the block is firmly tapped, and then removed, leaving the desired pattern stamped on the material. By repetition of the same figure, an artistic border can be given to any material. Stenciling gives much the same effect as wood-blocking, but it is not so permanent, and the lines are not so

clean cut as in the wood blocked figures. Some prefer stenciling, however. The designs are cut out of heavy oiled paper, and painted on the material with a heavy brush, the material handled in much the same way as in wood blocking. Care must be taken not to have the brush too wet, as the paint will run and the design will be spoiled.

By combining dyes and wood blocking, lovely scarfs and dresses may be made, for the ordinary commercial dyes, mixed according to the principles used in water-color painting that every child learns in school, will give beautiful colors and tints. Unbleached muslin, transformed by dyes, can be used for artistic costumes very effectively, when stamped in some harmonious shade.

Leather work is not easy to do without instruction, but takes little in the way of equipment, and is an interesting craft.

A camera is almost indispensable on a camping trip, as there is no better way of making lasting mementos of a good time. But few pictures taken by the girls have a permanent value, simply because they are taken so recklessly, without artistic arrangement. A number of pictures taken of groups all facing the camera are worth less than one photograph of several persons doing natural and unique things. Pictures of girls swimming, diving, climbing, sewing, weaving, or studying birds are hard to get, but are of great value when obtained, and are more interesting to others who might see them.

A camping trip offers unparalleled opportunities for studying nature lore. Botany and ornithology become twice as interesting studied under such conditions as they are when a part of the college curriculum. A girl who understands birds and loves flowers knows the beauty of life, and her vision is enlarged. For her there are forces at work, mysterious, wonderful, that awaken

in her all the dormant worship her soul is capable of. Then, too, the girl who learns to distinguish between flowers of different species, or can tell the various bird notes, cultivates her powers of observation almost without knowing it. Nature study cannot be recommended too enthusiastically as one of the activities of camp life.

Every girl cannot enter into all these activities, and every camp cannot offer all these phases of outdoor life to its girls. These are only suggestions showing what has been done and what can be done by campers. There are some things, however, that every girl in every camp ought to do in the matter of personal care, and when the many activities take up so much time, it is sometimes necessary to have a stimulus for these little but important things. One camp has kept a "Hygiene Chart," and as each girl performs the duty she has to do, it is checked off on the chart. The girl who has the greatest number of checks opposite her name at the end of a week or a month wins a prize, local honor, or emblem. The items on this chart included:

Brushing teeth after each meal,
Sponge bath once a day (preferably cold),
Drinking at least three pints of water daily,
Daily bowel movement,
Nine hours of sleep if over fifteen, ten if under,
No tea or coffee,
No eating between meals, except fruit or sandwich for growing girls.

These items may vary according to the judgment of the Guardian. There may be certain chores to be done around camp every day, or perhaps a mother at home wants to hear from

her little girl every day. Whatever the things are, the principle is that each girl enters a contest and vies with the others in doing most faithfully the little, uninteresting duties.

In planning the schedule of the camp's activities, too strenuous a program must be guarded against. A noted physician in visiting a number of girls' camps was impressed with the tension of their life. The desire to make life in the camp varied and interesting resulted in making it wearing. The girls looked exhausted, and showed the need of an opportunity to lie on the ground and do nothing. Better have no regular schedule at all, than one so rigorous that the girls are worn out trying to participate in everything. Camp should be a place, not for laziness, but for rest. Different girls need varying amounts of rest and quiet, and there should always be a chance for each girl to go away to some quiet retreat and relax entirely.

When darkness broods over the camp and the quiet of the wilderness enters the hearts of the campers, the hours that follow may be the best hours of the day. Then is the time for the roaring Camp Fire, and the perfect circle of friends around its genial glow. Then the words that are spoken and the songs that are sung echo that intangible camp spirit which comes as spontaneously as water wells up from a spring. Then the girl who can play the guitar or the violin can weave a mystic spell over the group. Just as the songs that a lame Greek poet wrote for a camp of soldiers gave them the *esprit de corps* that won the victory, so the melodies sung together around the fire inspire that desire to pull together which will give the girls of the Camp Fire the power of greater attainment. And in this quickened realization of loyalty to their own little group, the girls should not forget their loyalty to their Guardian and to the greater Council Fire of which their own little Camp Fire is only one part.

- ¶ For the whole Camp Fire movement is going to be judged by those individual groups of girls who are representing the Camp Fire Law to their communities.
- ¶ But even more potent perhaps than the songs is the silence of the Camp Fire. Maeterlinck has said that when we are silent then do we truly live. And certainly there is nothing more binding than silence which comes from the true communion of hearts.
- ¶ It is the most social of all moods, for it brings all nearer together by some subtle bond of sympathy. And it is in these silent moments around the fire that the full significance of camp life, the grandeur of woods and sky, mountain and sea, and the love of all God's living creatures come with full force upon the girl who thinks, and leaves a lasting impression in her heart.

BOOKS THAT MIGHT HELP IN PLANNING YOUR VACATION

- “*Backwoods Surgery and Medicine*”—Charles S. Moody, M. D., Outing Pub. Co., N. Y.
- “*The Book of Camping and Woodcraft*”—Horace Kephart, Outing Pub. Co., N. Y.
- “*Camp Cookery*”—Horace Kephart, Outing Pub. Co., N. Y.
- “*Book of Woodcraft*”—Ernest Thompson Seton.
- “*Vacation Camping for Girls*”—Jeannette Marks.
- “*Games for the Playground, School, and Home*”—Jessie H. Bancroft.

THE TREND OF THE SUMMER CAMP MOVEMENT

In studying the trend of the summer camp movement from its source in the ultra-private camp, it is interesting to compare its growth with the history of education for girls. When Louisa May Alcott was a girl—we mention her because as "Jo" she is more widely known to girls today than any other girl of that early time—the schooling for girls was meager indeed. There were no public schools, and the private schools offered only a stilted course of study, especially to girls. And yet Louisa Alcott received an education which really fitted her for life, if we are to judge from her career of active service. Like most girls of that time, her home life was her real education. For her mother was the guide in training her for life; her classes were in the laboratory of kitchen and garden, and her method of teaching was through her own example of industry. Louisa did the family washing, not with the latest patented device in the market, but with her own sturdy arms, rubbing the clothes on an old-fashioned wash-board. The value of her education at the wash-tub is revealed in the song she composed while she worked:

"Queen of my tub, I merrily sing
While the white foam rises high."

Such a refrain sung from the heart glorified the most irksome work. And by dividing a long hem into geographical sections, she would also be queen of her needle. All this was just the training Louisa needed, for she was a harum-scarum girl, and it took more than rudiments of mathematics and the teacher's ferule to give her poise and efficiency. Under the natural and

thorough education of her home life the tomboy "Jo" developed into the tender, sympathetic, capable woman.

But what is the "Jo" of today going to do? She lives surrounded by modern conveniences, so there is not the necessity for her to use her hands about the house. Her mother is too pre-occupied with the many demands from outside to teach her daughter in the way that the old-fashioned mother did. Conditions are such that it would be almost impossible for her to go back to the old régime of producing articles for the home within the walls of the home. So there is nothing for Jo to do at home that will strengthen her character, and she must look to the school for that equipment for life.

But the school fails her, for in its modern, overcrowded curriculum it has nothing that will replace the education in the home and give the over-energetic girl the proper balance. And it is even less appropriate for the bookish girl, for it only serves to increase her bookishness.

This want gives rise to the educational trend of the summer camp movement. The summer camp was first ushered in as a convenient place to send children and young folks for their summer vacations. The recreation was at least wholesome, and it was worth the price paid to find the children in the fall happy after a summer out-of-doors. The first camps were for boys, and were started some twenty-five years ago. Only those who could afford to pay the high price could give their boys the summer outing. A camp for girls was scarcely dreamed of until a decade or so later. However, a glance through the advertising section of various magazines shows that the girls' camps have almost caught up with the boys', for in one magazine there are advertised thirty-one for girls to the thirty-three boys' camps. There are in all from three to four hundred private camps,

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besides several hundred under the auspices of the Young Men's Christian and Hebrew Associations, the Young Women's Christian and Hebrew Associations, and the Boy Scouts. And they are scattered through a score of states. We see girls climbing the Sierras in California, skirting the shores of the Great Lakes or riding the Texas ranges. There are haunts for campers all through Maine, Vermont, and New Hampshire. And they are found even within an hour's ride of New York City. The growth of the movement has been so astounding and the summer camp has become such an educational factor that one almost dares to prophesy that the summer camp may some day become a required part of the education of boys and girls, just as the compulsory school has evolved from the private school of a hundred years ago.

Indeed there are a few schools, such as The Interlaken School at La Porte, Ind., headed by Dr. Edward A. Rumely, and Dr. Elias G. Brown's Mountain School in Allaben, N. Y., that have already discovered the educational value of the summer camp, and have adapted the natural activities of farm and frontier to their schedules, doing away with much of the bookish curriculum. The aim of these schools is first of all to teach boys to live, to develop physical health and strength, to aid in the formation of character, at the same time giving opportunities for scholarship which will enable them to take their places among people of culture. These schools are still beyond the reach of all but a privileged few. The summer camp, because it is becoming more and more accessible, is a greater force in equipping the boy and girl for life.

This growth is made possible because parents are finding in the summer camp the training which no school system can give their boys and girls, and which modern conditions have robbed

from the home. Let us visit a typical girls' camp, so that we may see wherein lies its educational value. Every well-conducted camp has a program, under which the girls learn definite things. From the rising bugle to the goodnight song the day is filled with wholesome activities. Immediately after breakfast some time is given over to singing and talking of the things that reach the deeper part of a girl's heart, for during these brief services held in the open air she comes nearer to realizing her spiritual ideals than at any other time. After this quiet beginning of the day the girls scurry to their tents to make their beds and clean up. There are girls sixteen and seventeen who have never in their lives made up a bed or taken care of their own things, and who were quite at sea when this duty of caring for their tents was first thrust upon them. Now these same girls are making their beds, sweeping and arranging their tents, and enjoying it all because it is such an exciting game. Doing things is one of the favorite pastimes of boys and girls, and it has been taken from them, so that they have to go to camp to come into their rightful heritage of childhood joys. The daily tent inspection is an event of great importance, because on the inspector's decision rests the triumph of the neatest girl.

Then comes the craft hour, covering really two hours, when girls busy themselves over their chosen craft. Some are making party dresses, stenciling decorative borders on them; some are weaving rugs which they will carry home with pride, and others are printing symbolic designs with wood-blocks on chiffon scarfs. Book-binding is a fascinating craft for the girl who loves books, for a handsome soft leather binding makes a favorite book still dearer. The girls who elected horseback riding instead of craft work are galloping over the hills and far away. Then there is the group of girls who are building for themselves fireplaces in

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which to cook their suppers. They never worked harder in their lives, two or three tugging together at a big flat stone for a reflector fire-place. But they never enjoyed anything with such zest, either. And this occupation took some study on their part, for they have worked out the methods of making the fire-places themselves, having studied the history of the fire-place from books in the camp library. The history of wars would have little meaning for them, but the growth of civilization studied through the evolution of the fire-place means much, for they are in a way acting it out in making their own cooking apparatus.

After the craft hour, the girls give themselves over to folk-dancing with the abandon of the primitive folk who created them. A stranger coming through the woods upon this unexpected scene would wonder what sylvan brownies had come to dance in the sunlight. But they speedily change into water-nymphs, for at a given signal there is a rush for bathing suits, and soon the lake near by is alive with swimmers and divers. You may be sure that the summer camp is usually close to a shore-line, as swimming, boating and canoeing are the favorite sports of the campers. The canoe plays an important part, serving as a spur to the girls learning to swim. For every girl must take the swimming test before she is allowed to step into a canoe, and the requirement is not an easy one to meet. She must swim 100 yards at a stretch before she can win the coveted privilege of paddling the canoe. When she has won that, the next step is to learn how to right an upset canoe, get in again without overturning it, and splash all the water from it. By the end of the summer every girl will be as much at home in water as the proverbial duck.

In connection with the athletic activities comparative physical

reports are made to be shown to the parents. A chart is kept, and each girl is examined soon after her arrival, and a list of different items filled out. Record is kept of all the honors she wins during the summer, and when camp breaks the examination is repeated, and the changes of the two months are put down in the parallel columns. A glance at a few of these cards would tell about all you need to know of the physical value of systematic camp life.

Lunch, coming after the swimming hour, is a hilarious meal. But even in middy blouses and bloomers, the girls do not forget that they are girls.

This has been a full morning, and each girl has been busy every minute. If that were to keep up the rest of the day, the very purpose for which girls come to camp would be thwarted. But this, like most of the camps, is under the supervision of wise people, so there is a rest hour which is kept sacredly quiet by the whole camp. And the remainder of the afternoon is a free time for the girls to read, walk, or do any number of different things which camp life has to offer.

Supper is often a picnic affair, which the girls may cook themselves. But "conveniences" as we know them are reduced to a minimum, for bacon cooked on a stick is much more to the taste of these primitive maids. We feel the spell of the life here already, delightful though never tiring, busy yet without restraint other than the few simple rules that each girl loyally accepts as the governing principle of her life at camp.

This in brief is the daily schedule of the "school in the woods." But the days vary greatly. Some days you may arrive on the scene to find a deserted camp, for they have all gone, with poncho and fry-pan, for a three-days' gypsy trip to the mountains. Or you find them dotting the opposite hillside, while they gather

blue-berries, foraging for food just as their pilgrim mothers and fathers did years and years ago.

It is interesting to notice that each camp, though following the same general schedule, has one central idea that might be called its specialty. For instance, some camps offer instruction through tutoring to backward students. It is a bracing atmosphere in which to prepare for college entrance examinations. But some of the girls' camps have dispensed with this phase, as it smacks too much of things academic.

One camp in the Maine woods makes a good deal of nature study, and possesses a remarkably complete bird record. Each girl is on the lookout for different kinds of birds to add to her record. One summer one hundred and thirteen different birds were seen in that patch of woods.

Another camp makes a specialty of geology, and the boys are taken between times on trips of exploration, learning much about the earth that they never dreamed of before. Boys in a camp near a fishing village study sea-craft, learning from the fishermen along the coast many things about fishing and its by-products.

Some of the girls' camps not only have the girls cook their meals, but offer instructions in cooking. And one of the prominent New England camps is expecting to have sewing classes, where the girls can learn to hem and overcast as well as cross-stitch and embroider.

Perhaps the most unique example of this is a camp in which the old productive life of farm and home is reproduced as accurately as possible. It is a family camp, for here not only do the boys and girls find training for life, but their fathers and mothers can come and live that old-fashioned delightful home life which they have somehow missed. It is really a large, co-operative farm, for the younger girls help the older girls who in

turn help the head cook in preparing the meals. Boys and girls set the tables, and wipe dishes, singing as they work. Older boys busy themselves with carpentry in the tool-shop, or help with hay-making. Shelling peas and stringing beans become delightful adventures for the girls under the spell of the place. But the most interesting spot is the garden where children, under the loving direction of the head of the farm, raise all the fresh vegetables used. The big event of the camping season is the hay-making festival, in which all take part, young and old, just as in the good old days before machinery usurped the functions of human muscles.

The most telling proof that the summer camp movement has an educational trend lies in the fact that out of the program of a girls' camp grew the ceremonies and methods of an organization now world-wide in its influence, and sounding a new note in educational lines, namely the Camp Fire Girls. There on the shores of a lake the first Wohelo call was heard. There under the shelter of the craft house the first ceremonial gowns were made during the sunny summer days. And there under the protection of braided branches girls seated in a circle about a fire, mystic with its prophecy of fires yet to be kindled, held the first Council Fire.

A NIGHT IN THE OPEN

A European woman visiting a girls' summer camp wrote a letter to a friend about an overnight trip which she took with the girls. The following is part of her letter:

It was very lovely and interesting, especially for me, who, like most Europeans, is not a bit accustomed to this outdoor life. It was fascinating to see this bunch of girls in their teens, all in

{ bloomers and dark middie blouses, wearing white sneakers, and with their rolled ponchos over one shoulder. They were in the best of spirits, marching along in groups of four or five; all laughing and joking and singing their camp songs. We arrived at the place of our camp at supper time, a huge fire was built, and everybody hastened to make their beds before darkness fell. Then the baskets of food were opened and some made sandwiches and some roasted bacon, some poured milk, others were just talking about last year's trips, amusing the workers with their lively stories.

Then very softly and gently the rain began to fall. We gathered around the warm and cosy fire, eating our supper and telling stories. It was wonderful! Can you imagine a huge bonfire with all its red flames and its whimsical sparks going right up? And around it forty faces and forty pairs of eyes just fascinated looking into this wonder of earth, not understanding, but full of wonder, and lightness and happiness, so aware of its warmth and splendor, but all unconscious of its origin. Then we sang and sang until we were tired and went to bed. After half an hour everything was dark and quiet. Our beautiful fire was smoldering, sending over us the fragrance of the pale blue smoke.

Next morning I woke up with the light in my eyes, and before me I saw the glorious wonder of sunrise. In Genesis it is written, "And God said, 'Let there be light,' and there was light." I never felt God's power so keenly, so strongly, so serenely as that morning. Even if God had worked a hundred thousand years instead of one day, as Genesis says, to bring that wonder of light and love and warmth into existence, it would not have been too much time in which to have done it.

{ We were lying on the sloping top of Douglas Hill and this is

what we saw. On the farthest horizon dim blue mountains, all in a mysterious veil of white clouds; then just above it the very early rising sun, carefully and gently rising almost as if afraid to wake up the earth. It seemed to me as if it just stooped quietly to kiss Mother Earth on her brow. Half an hour later the sun was a little higher, its light, silver-golden, playing with the little waves of the vast lake in front of us. The birds became conscious of the breaking of day, the wind sighed through the trees as in thankfulness for the quiet of the night. Higher and higher rose the sun, stronger and stronger was the light, not silver-golden any longer, but pure gold. And the misty clouds broke apart, and the dew which hung deeply over the trees and rocks reflected the glorious light of that greatest wonder, without which we could not live.

After awhile the girls gradually woke up and the place was alive again, everywhere voices and laughter, everywhere busy young folk dressing and scrubbing and fixing hair. Finally we were ready, and stormed down the hill which was blue with berries. We picked and picked and picked. Our hands could not move faster than our eyes saw them. We walked on blue-berries, as they made a thick blue and green carpet all over the hillside. Then the breakfast call came and we stormed up the hill again and gathered around our fire with sandwiches and cocoa and berries. It was a lovely fresh morning and we were hungry. After we had eaten our breakfast, and put our cups and remnants of food in the baskets again, after we burnt all papers and had left no traces save for the ashes of the fire, we again rolled our blankets and threw our ponchos over one shoulder and gaily marched in single file downwards. We sang our songs and greeted with our camp cheers the people who gave us water and apples, walking on and on until we came to our boats.

There we were divided in our canoes, and rode over the lake as the day before. Near dinner time we were back again in our camp, and could greet in the distance the lovely mountain top which had given us shelter and beauty and strength and desire.

A WEEK-END PARTY OF COLLEGE GIRLS

I hope every bunch of girls that goes on a week-end hike need not perform all the preliminary rites that we had to last spring. But we were still in college, and had to get permission of the dean. Perhaps we never should have secured the desired blue card, for the dean had had trials with the "Quadruple B's," or the Bee Squad, as we were called around the campus. But we were skillful in the choice of a chaperon, a much-respected "faculty's wife" who had concealed her real nature from the dean, so we obtained a grudging "yes."

We were headed for a shack in the heart of the woods, but the shack had nothing but bunks and frying pans in the way of equipment, so we went loaded down as if we were to stay a week instead of a week-end. Each one of us carried a roll of blankets, slung over one shoulder, and portions of our provisions in basket or pail. Those of us who were musically afflicted were burdened with our guitar and mandolin cases, because for us at least a jaunt was incomplete without some music. Betty and I had to stay in town for a society play in the evening, so we sent Burney and Bumps scouting ahead in the afternoon.

It was great to arrive at night time. Even the farmer, whose house stood sentinel to our patch of woods, was asleep, so we picked our way through his farmyard, avoiding the pig pen and chicken coop as best we could in the dark, and scrambling over

the bars in the flickering light of our lantern. The most exciting stage in our journey was crawling along the log that bridged the brook, almost fearing to breathe lest we rolled off into the seething currents below us. We saw the humor of this incident the next morning when we discovered that the creek was dried up. Then there was a single-file walk along the eerie woodland path, lit only by our lantern's feeble ray. Queer shadows stretched ahead of us to meet the blackness of the woods ahead, and we felt deliciously shuddery. It was not because we were really frightened, for we knew that no creature bigger than a wood-chuck inhabited these woods. But it was the awe and mystery of it that kept us from frivolous chatter. At last a sharp turn in the path revealed the warm glow of the roaring fire which Burney and Bumps had built. Betty's yodel gave them notice of our arrival, and soon two sweatered figures emerged from the smoke and shadow to welcome us to our camp.

"The first thing to do," said our chaperon, who was an experienced camper, "is to make our beds."

A heated discussion followed as to whether we should sleep outside or in the shack, which boasted two camp cots in addition to the bunks. There was a heavy dew that night, and, as none of us owned ponchos, we decided for shelter—all except Betty, who was sure that her slicker would keep her dry. So Betty pitched her cot in the open, a nice distance from the fire, the others made up the bunks inside, and I chose the happy medium by camping on the porch of the shack. This momentous question settled, we gave ourselves over to revelry and song. Bumps, who was more of an eater than a singer, declared that a cup of hot cocoa would taste right good before "turning in." So while she brewed the "brown nectar," Burney and I drew forth our beloved instruments, and started the melodies. We had sung

and played together so often that we could proceed through our repertoire without saying a word.

"Surely if there were mariners in these woods you would have lured them with your singing long before this," said Bumps at last.

A pillow thrown deftly at her across the fire silenced her. But the spell was broken, and our singing was over for the night. We sat around the fire for a while, saying nothing, listening to the gentle plashing of the river below our camp, and thinking. That was the supreme moment for us, for though we said nothing, we knew each others' thoughts and were satisfied. Then Bumps yawned and we carried her struggling to her bunk. One by one we left the fire.

My bed on the porch was wonderful—not for sleeping but for listening. The night voices kept my spirit broad awake, and for a long time I stared out into the darkness, listening to the water and the rustling in the woods. Gentle snores from the inside of the shack told me they were all asleep, and Betty, out beyond the embers, seemed all serene. Perhaps I did doze a little then, for the next thing I knew there was a thumping sound on the porch, and I started up wondering what night marauder had intruded on my sleep. It was Betty. "I'm just soaked! That dew is worse than rain," she said in a woe-begone voice. I was too sleepy to say "I told you so," too sleepy to resent her crawling into my cot. And that was the last thing I knew until the sun, peeping over the tree tops on the hill, beamed right into my eyes.

"Up, Betty," I chirped. "Let's get up and build the fire before the sleepy heads inside wake up."

But Betty was not easily persuaded, so I fared into the woods alone in my search for more firewood. I found two dry and solid

logs which I lugged breathlessly down the hill. Then I gathered armfuls of brushwood and twigs, and placing the big logs about six inches apart, soon had a good fire roaring between them. Betty had one eye open all the time, and as soon as she saw the warm look of that fire, she wrapped herself in a blanket and trundled up to it.

I peered into the provision basket, and found bacon for breakfast, and bread, and coffee tied up in a one-time salt bag ready for cooking. But eggs and milk I could not find, and I was just about to accuse Burney of lack of foresight when she appeared in the doorway, somewhat tousled in appearance.

"Eggs and milk?" I queried.

"Oh, we get those at the farmhouse," she replied. So Betty and I trotted off to the farmhouse.

When we returned camp was alive, and every one was broiling bacon on a stick. It didn't take us long to break five eggs into the skillet laid across the logs. And the coffee never boiled so merrily, nor tasted so savory as it did that morning.

Washing dishes was a simple matter, for our pasteboard plates were sacrificed on the fire, and our tin cups and skillet were washed in the running stream. Our housekeeping done, we were free to explore the woods. They were not untried ways to us, for this was a favorite haunt; but there was always something new, and though it was late spring there were still a few wild flowers. Then there were birds and birds, and those of us who had taken ornithology would listen in rapt attention to the different calls. It became a contest between Burney and Bumps to see who could recognize each note first. Betty and I, bird-lovers but not bird-scientists, contented ourselves with discovering things on the ground. We differed as to what species belonged the bones of a certain animal that had died some decades before on the river bluff. Betty insisted that its skull bones were so long

that it must have been a horse, but two extra holes in the cranium seemed to me to signify sockets for horns, so I was sure it was a cow. The others took sides, and the chaperon was non-committal, so we never settled the question.

The greatest discovery on that tour of exploration was a swimming hole, hitherto known to us only through rumor. So the rest of our morning was given over to the ecstasy of sporting in the water, and basking in the sunlight after a tingling swim.

Dinner was a "scandalously scrumptious" meal, according to Bumps, who believed in the simple life. But we had tired of "wholesome fare" on the boarding-house table, so we reveled in the luxury of steak broiled on sticks, potatoes baked in the embers, and succotash cooked in a pail. Burney surprised us by producing ginger-bread baked fresh by the good-natured farmer's wife. And fresh pine-apple, cut into sections and dipped in powdered sugar, made a luscious dessert.

The afternoon was blissful. Being college girls we seldom had a chance to read to our heart's liking. So we sought out spots, each to her own mind, and propping ourselves against each other speedily forgot one another. Burney slit open the pages of Professor Royce with a pedantic air. But "Dream Days" was solid enough for me, and with my head pillow'd on a mossy hump, I was soon living again with Kenneth Grahame the adventuresome days of childhood. For hours the only sounds of human existence were the occasional rustling of pages and the crackling of twigs by Bumps, the restless one. Sublime thoughts were occupying our minds when we heard a squeaky voice on the knoll above us,

"I see a voice; now will I to the chink,
To spy an I can hear my Thisby's face.
Thisby!"

"What idiot-lover wanders down this way?" cried Burney.

" 'Tis only Bumps rehearsing for the play," answered Betty.

Thus the ridiculous chased the sublime away for the rest of the afternoon.

The tinkle of a cowbell reminded us that we wanted bread and milk for supper, and Burney was despatched to fetch the milk. She came back with a vivid tale of how she had to milk the cow herself, but as there were no eye-witnesses, we laid it to her lively imagination.

Then another night closed in upon us, and another perfect circle formed around the fire. Betty did not insist on sleeping in the open that night. And it was well she did not, for by morning there was a gray drizzle which promised to keep. Burney is a wonder at building fires, and even in the rain had a roaring blaze on which to cook our beans and cocoa.

The rain didn't dampen our spirits one bit. The morning went swiftly, and would have ended peacefully had it not been for Bumps. It was not for nothing that we christened her Bumps in our Freshman year, and since then she has never failed to live up to her name. In a belated fit of domesticity she started down to the stream to wash some dishes, and made a characteristic plunge down the bank, forgetting that a little rain will make slippery mud. We heard a crashing sound, and peered over the edge of the bank to see the fun. And Bumps did look funny when she lifted up a mud-besmeared face from a crumpled heap. When we saw that she wasn't killed, we jeered amiably, but the drawn expression on her face hinted of serious mishap. Her ankle was evidently sprained, and it was with difficulty that we hoisted her up the slippery bank, for Bumps is no featherweight. Betty had just been studying "first aid" in physical training class, and inwardly gloated over a chance to use her knowledge.

"Put on some water to heat, quick," she commanded. "Burney, you poke up the fire, and don't fill the pail full, so the water will heat soon."

While she talked, she was freeing Bumps's foot from shoe leather, and soon the aching and swollen ankle was exposed.

"Oh, dear! If I only had thought to bring some adhesive plaster," she exclaimed.

"Adhesive plaster?" queried our Guardian Angel. "Why, I have some which I always take on camping trips for emergencies."

The water soon boiled, and Betty fell to treating Bumps's ankle, soaking it with hot water for three minutes and with cold for one, repeating the process several times, until the swelling began to go down. Then with a firm hand she bound the ankle with adhesive plaster, bringing the pressure up on the inside, for that was where it seemed most badly sprained.

Although that treatment ought to have been enough for an ordinary sprain, Bumps's ankle continued to pain her exceedingly. So we broke camp at once, and covered the fire, rolled up our blankets, strung our tin cups and started on the homeward trail, through the pelting rain. We took turns being a crutch for poor Bumps, who was determined to walk as far as the farmhouse. Once there, we could deposit her in the farmer's buggy, and drive her to the trolley line. Bedraggled as we were, we caused enough amusement on the car, and as luck would have it, we arrived on the campus just when everybody was abroad on their way to lunch. But though Bumps thought it a bore to have to be wheeled to classes for weeks afterwards, and though we were often sarcastically reminded of our wet appearance at that time, we all remember our week-end shack party as one of the best times of college life.

PICTURES OF GIRLS CAMPING AND THEIR CAMPING ACTIVITIES

It is a pleasure in this (our fourth) edition of the Manual and in the Vacation Book of the Camp Fire Girls to have pictures for which National Honors have been given to girls.

We hope that every year more and more of our illustrations will be pictures taken by the girls themselves.

There are several suggestions which may be helpful in taking pictures.

1st. Pictures of girls doing things are most interesting. Either take these action pictures without the girls knowing it or tell them that you are taking picture and not to look into the camera. Many a good picture is ruined by girls looking into the camera when they ought to be looking at the thing they are doing.

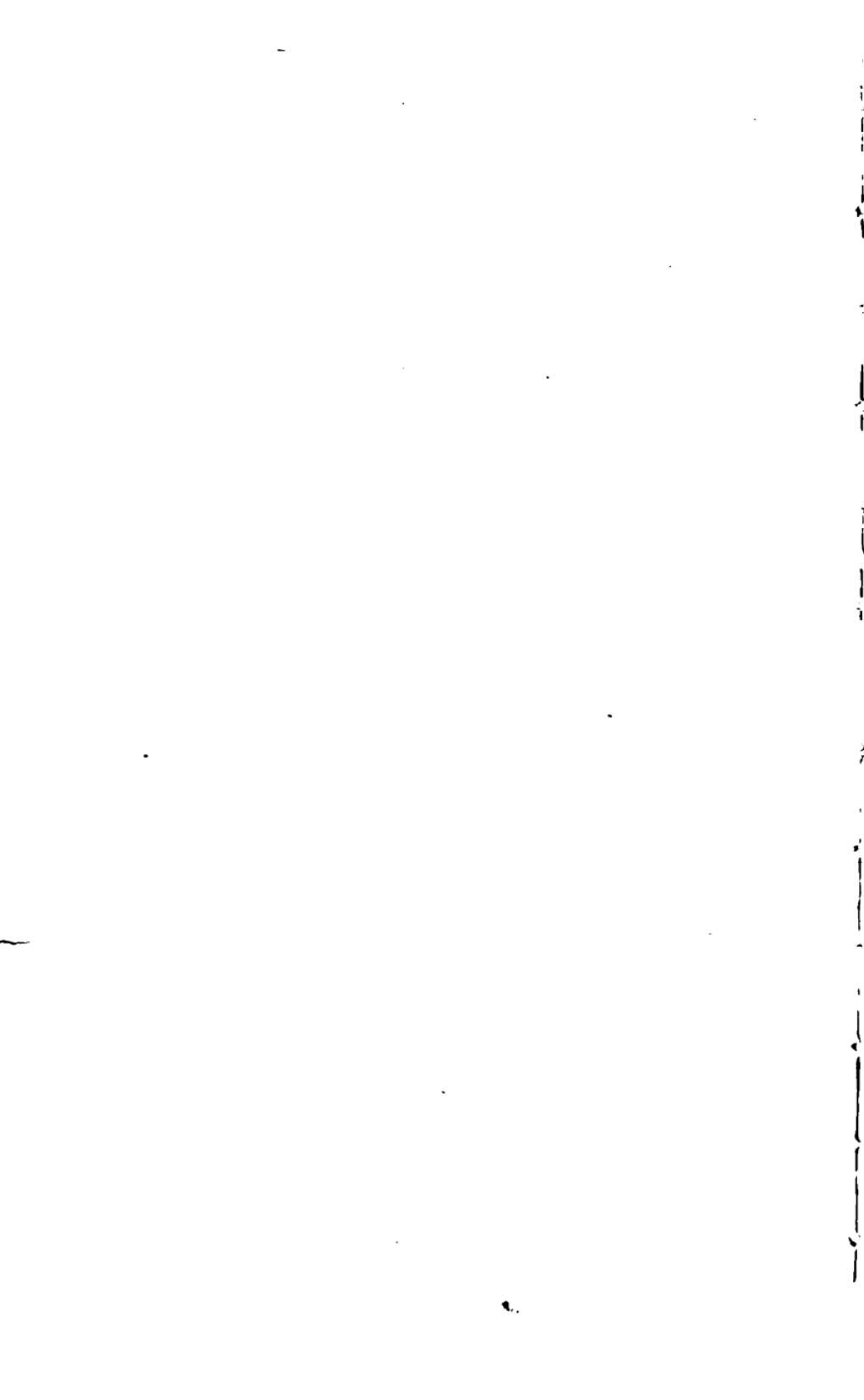
2nd. We have been unable to use some very good pictures because girls have had feathers in their headbands.

3rd. Wonderful pictures can be taken against the sun. These make the interesting silhouetted pictures.

4th. We need pictures of indoor activities. These are difficult to get.

5th. Winter pictures are very scarce: skating, sliding, tobogganing, snow-shoeing, winter cooking out-of-doors, sleigh riding, sugaring off, and feeding winter birds.

6th. Pictures of "Blue Birds." These will be needed for the Blue Birds' Manual.





Taken by Mrs. F. R. Hoisington, Rye, N. Y.

The Bronx Camp Fire Girls camped for two weeks at Windy-
ghoul



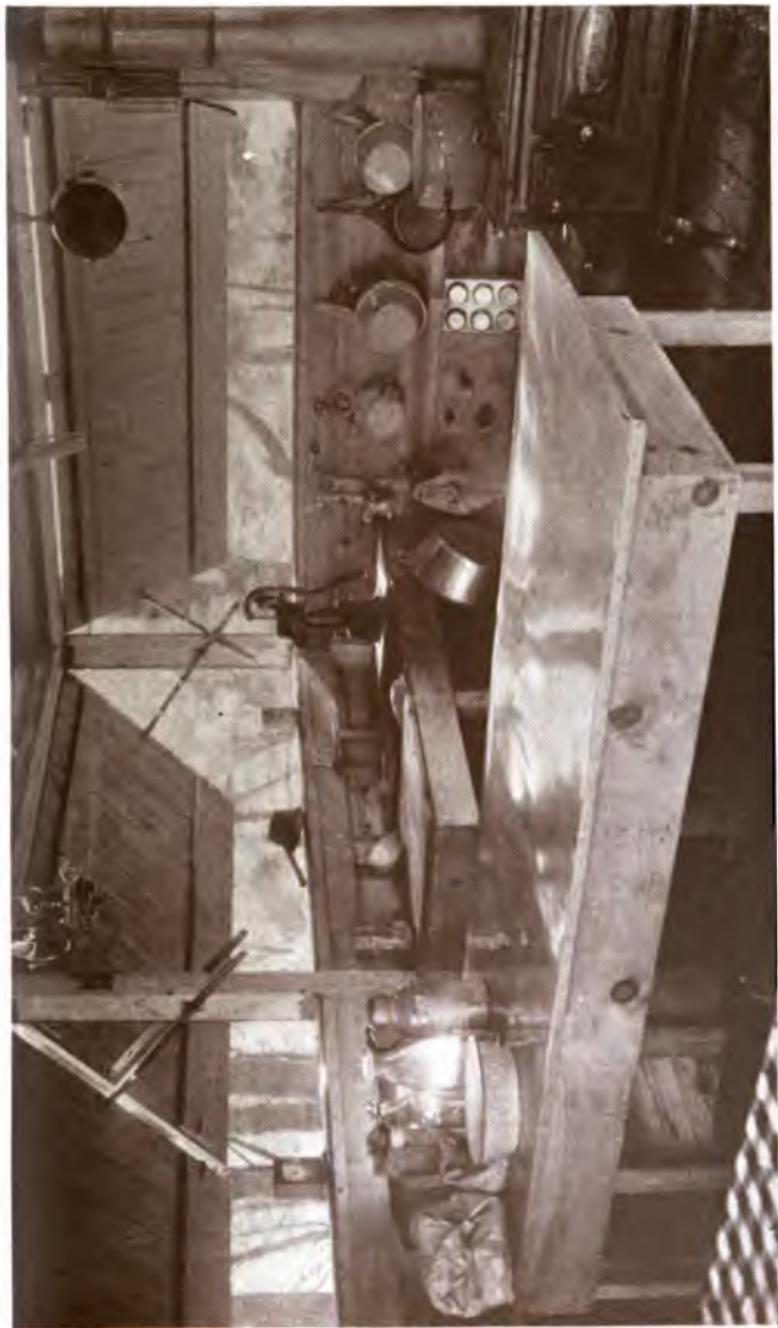
The fireplace of the Camp Fire Girls' Camp at Whitsville has a large crane inside with a kettle hanging on it.



The lean-to facing a large stone fireplace, a part of the equipment of the Whitinsville Camp Fire Girls' camp



The kitchen and mess tent of the Camp Fire Girls' camp at Whitinsville, Mass.



The inside of the kitchen of the Whitinsville camp



A Blue Birds' Nest

TO MIMO
AMERICANUS



Taken by Miss Agnes C. Ralph, 321 E. Palmyra Ave., Orange, Cal.
A mosquito-proof outdoor workshop or dining-room



Taken at Camp Hanoum, Thetford, Vt.
A tent with the sides rolled up



Taken by Miss Laura Mattoon
A shelter built by the girls



Taken by J. A. C., Camp "Lenni Lenape," Akron, Ohio

This cottage burned to the ground but the next one was saved
by the Lenni Lenape Camp Fire Girls who carried many pails
of water from the lake to the buildings



Taken by Pearl A. Eader, Frederick, Md.

A section of the semi-circle of tents. What a good time these
girls must have had!



Taken by Miss Agnes C. Ralph, 321 E. Palmyra Ave., Orange, Cal.
"Jim," who never had left his master 'til Majel Camp Fire Girls
arrived at Black Starr Canyon



Fixing the guy-ropes before the storm. Camp Hanoum,
Thetford, Vt.





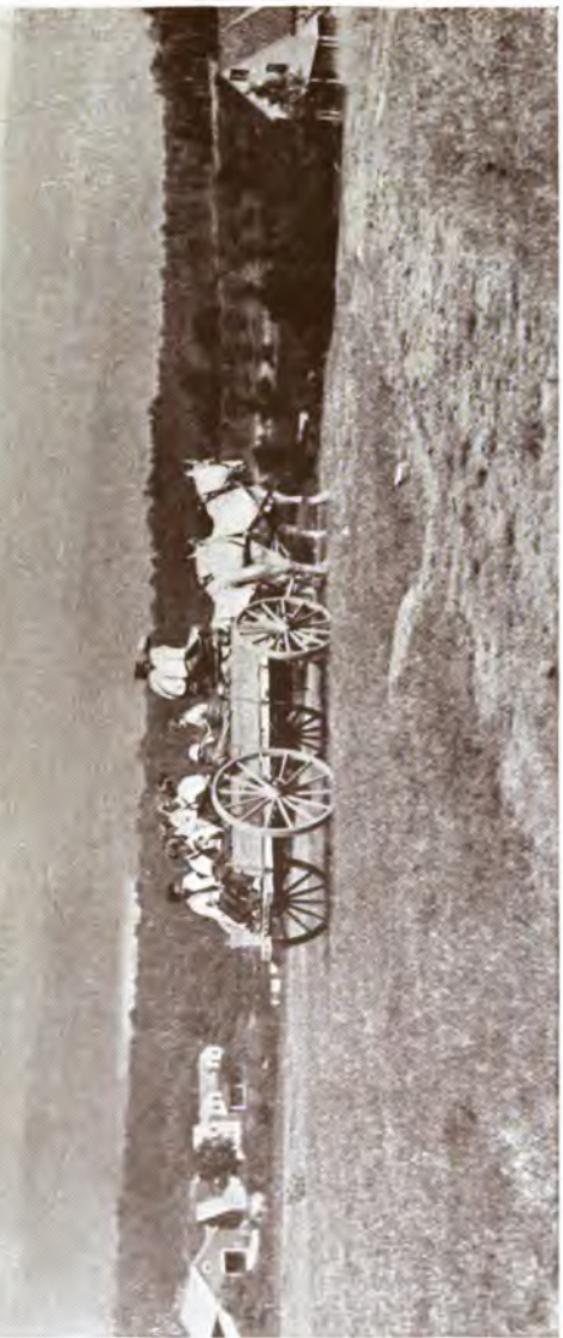
Picnic supper in canoes and on the rocks

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Taken by Mrs. Wm. Roxby, Bat Cave, N. C.
Resting during a nature-study tramp

With their blankets piled on the wagon, the sturdy ones tramp ahead, while the others ride on top





Taken by Mrs. Ramsbry, Troy, N. Y.

Moneta Camp Fire Girls on a Hay Ride



Taken by Mrs. Ramsbry, Troy, N. Y.

Lunch went quickly after the long straw ride of the Moneta Camp Fire



This picture shows a group of Camp Fire Girls who have spent the night on the top of the hill. The evening before, they sang together the Sunset Song of the Zuni Indians; and in the morning they welcomed the new day with the Sunrise Call. Such an experience is never forgotten.



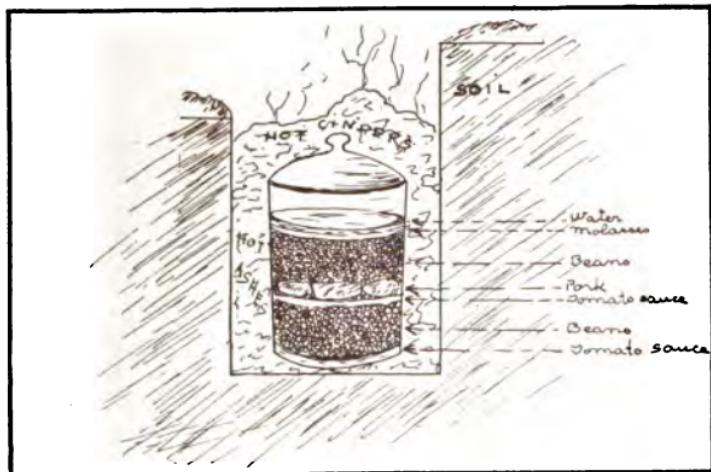
Taken by Florence E. Cain, Greensboro, N. C.
A Camp Fire Girl looking out over the hills



Camp Fire Girls on a coaching party



Waiting for the bugle to blow the call to tramp. These girls will spend the night in the open, sleeping under the stars



Drawn by Miss Marion Mair, Plainfield, N. J.

The Kitchi Kimiwan girls like beans cooked in the primitive Indian way. This is a diagram of their bean-hole

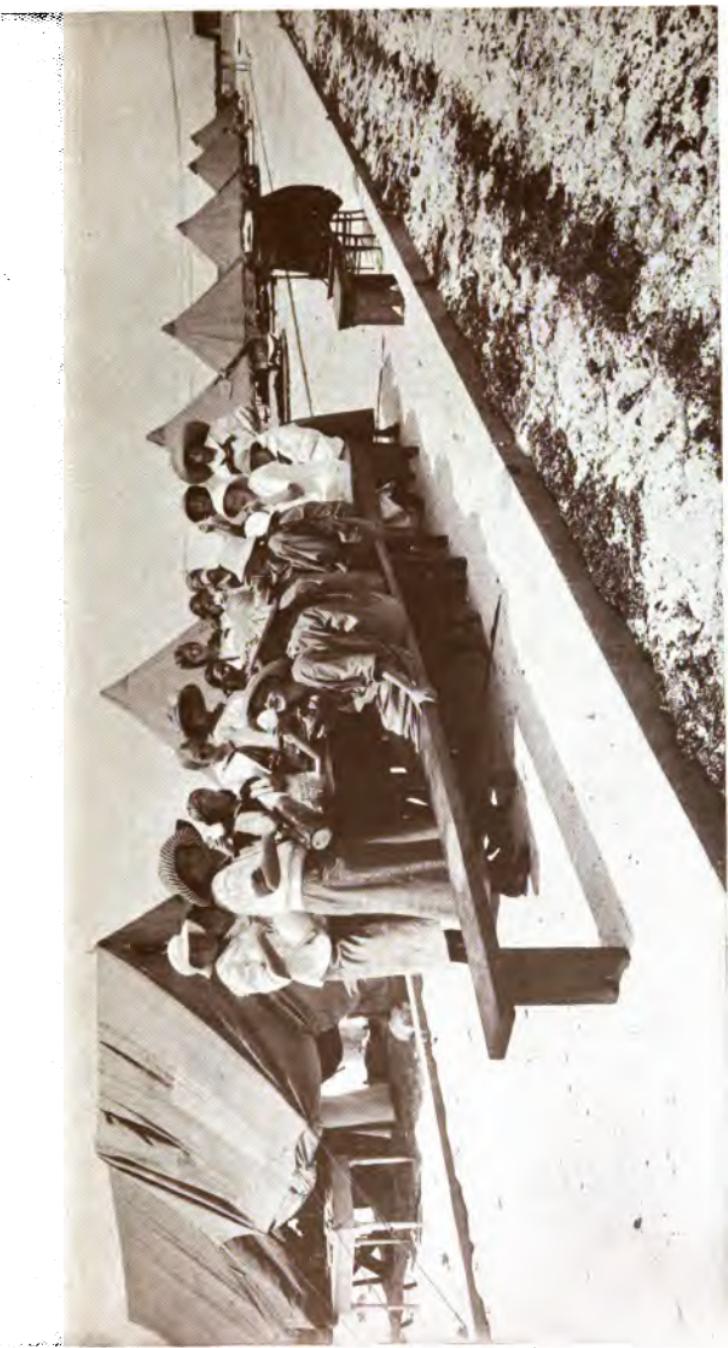
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Taken by Mae O. Wheat, Warrington, Fla.

The girls of the "Camp Fire of the Gulf" getting Dinner on the Beach at Fort Pickens





Taken by Mae O. Wheat, Warrington, Fla.

This picture of the girls of the "Camp Fire of the Gulf" tells its own story

Smothered chicken and dumplings



TO
MRS.
ANNIE MILLARD



Taken by Sarah F. Troutman, Pittsburg, Pa.



Taken by Pearl Eader, Frederick, Md.

The above pictures show two ways of washing dishes. Both are recommended by the Camp Fire Girls





Taken by Mary M. Dodge, at Camp Weona, a Y. W. C. A. Camp Fire, Buffalo,
at Lake Ontario

Camp Fire Girls must have clean middies, so here they are busily
washing them



Taken by Adeline L. Perkins, East Otto, N. Y.

“Rub-a-dub-a-dub,—All goes in the tub.” Isn’t this fine?
Camp Se-se-pask-wut-a-tik Girls use the worn-off layers of
rock for their wash-board





Taken by Mrs. Wm. Roxby, Camp Minnehaha, Bat Cave, N. C.
Bathing at the pool



Ready for signal to jump. These girls are all in Camp Fire bathing suits



Girls who have just learned to swim and are taking a test in swimming, or who are swimming long distances, should always have a boat in which there are two people for each swimmer, one to manage the boat and the other to sit in the stern with an oar or paddle in her hand ready to give instant help should it be needed. The picture shows what we mean



The Schaefer Method of resuscitation is here shown. It is the simplest and most reasonable method, and we recommend it especially to all amateurs



Ready for the morning's crew practice. The Blue Birds are on the dock ready to get into the sponson canoe



One way for a Camp Fire Girl to get a drink

A tilting match is great fun. It is difficult to remain standing in a canoe, and one of the tilters is sure to fall overboard, for canoes upset very easily



© 1960 by Life magazine
Time Inc.



This is an "Interrupted Race." From a line on the word "Go," two canoes, with two girls in each, spring forward. At the word "Out" all jump overboard, scramble back into the canoe and continue race to finishing line.

GO
OUT



Waiting for the breakers

Photo by
John G.
Mitsopoulos



Taken by Mrs. Wm. Roxby, Bat Cave, N. C.
Camp Minnehaha girls at their headquarters



"Yallanni," a Camp Fire Girl

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Taken by Mrs. Wm. Roxby, Bat Cave, N. C.
Camp Minnehaha girls at their headquarters

TO MARY
ANNABELLA



"Yallanni," a Camp Fire Girl

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A real California hike, Diegueno Camp Fire Girls



Photo by Mrs. Wm. Roxbury
Camp Fire Girls entertaining their boy friends with a hike and a feast



Gathering for a Council Fire around the fireplace which Mr. Parker, Commissioner of Parks, has built in one of the city parks of Hartford, Conn. At the back is a row of cedars, stuck in for the purpose of protection and seclusion

AMERICAN JOURNAL OF



A fine cooking outfit goes with the Hartford fireplace, and may be had for the asking

TO VINTAGE
AMERICA



Photo by Emma Dickerson, Chicago, Ill.

A Camp Shampoo



WORK — HEALTH — LOVE

DID YOU ever see the sunrise? Did you ever build a camp fire and cook over it? Do you like to make your home beautiful? Have you ever earned \$5?

Camp Fire Girls are now in every State and territory. They love the great out-of-doors. They believe in being well and strong. They like to make beautiful things with their hands. Their watchword is Wo-he-lo.

If you wish to know about this organization which in two years' time has circled the globe, send 25 cents for the illustrated Manual which describes the ranks and Camp Fire ceremonies and the seven crafts in which honors are given. It will tell you how to become a Camp Fire Girl.

CAMP FIRE GIRLS
118 EAST 28TH STREET
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TO VIVI
ALOHA CAMP



ALOHA THE CAMP THAT SINGS

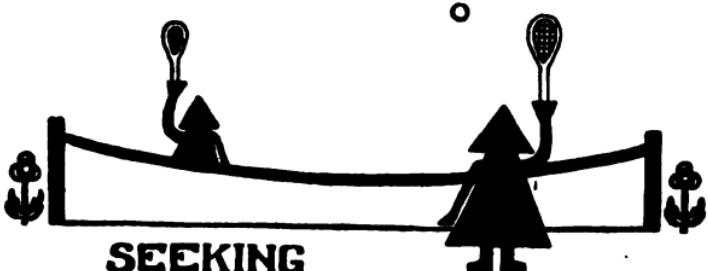
IN THE center of this group of Aloha girls is their camp mother. She has three daughters of her own and room in her heart for many, many more. Each summer her capacity for love grows with the demand upon it, and fortunate is the girl who can spend a summer with her. She is one with her girls in work and play, swimming or craft work, and no college alma mater calls forth greater loyalty than this camp mother from her camp daughters.

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(Written by Hiiteni.)

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Mrs. C. V. GULICK, who commissioned us to produce the Sebago-Wohelo booklet illustrated above, writes us she believes we would have a monopoly in the making of Camp Booklets, if it was known what excellent craftsmen we are.

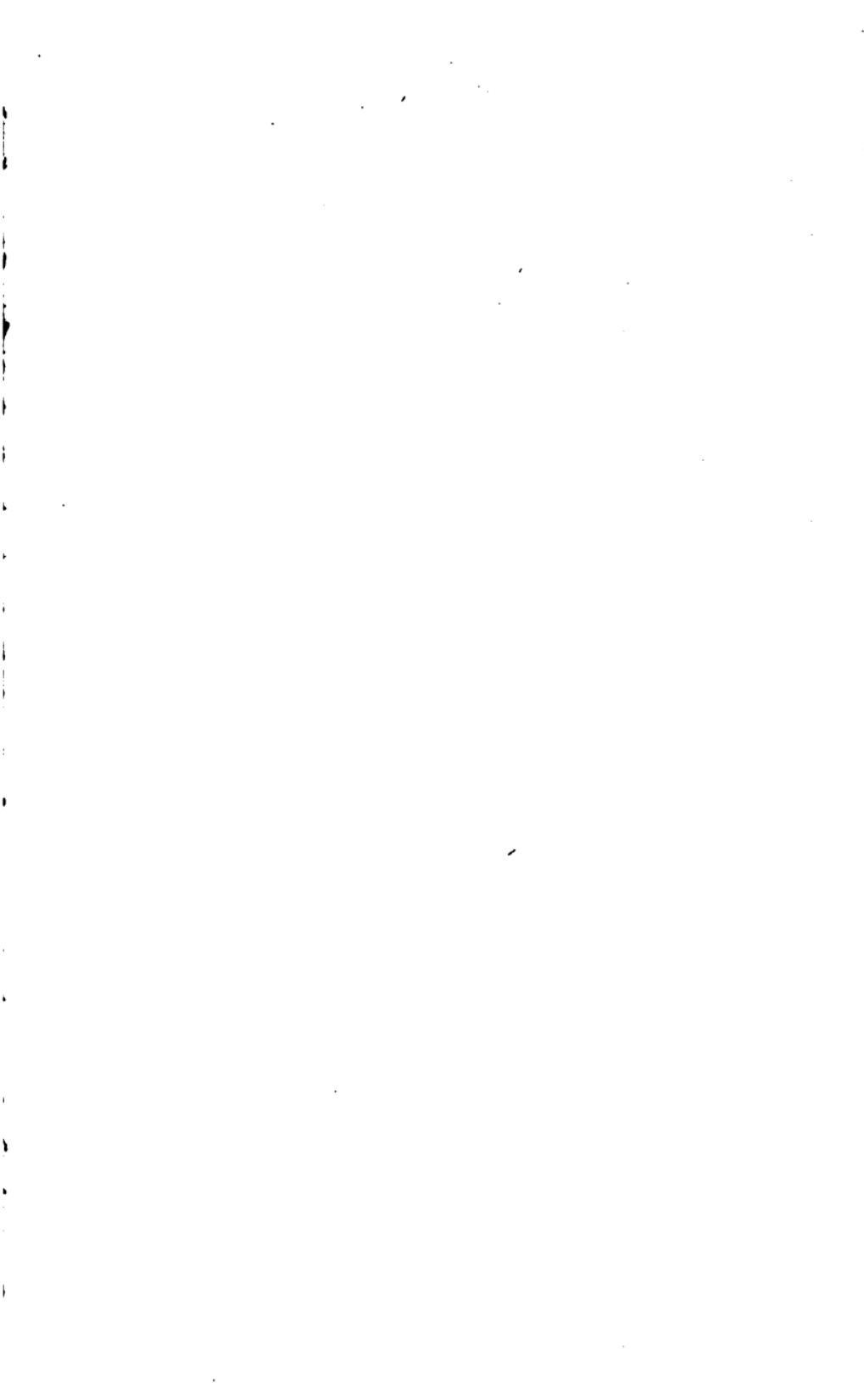
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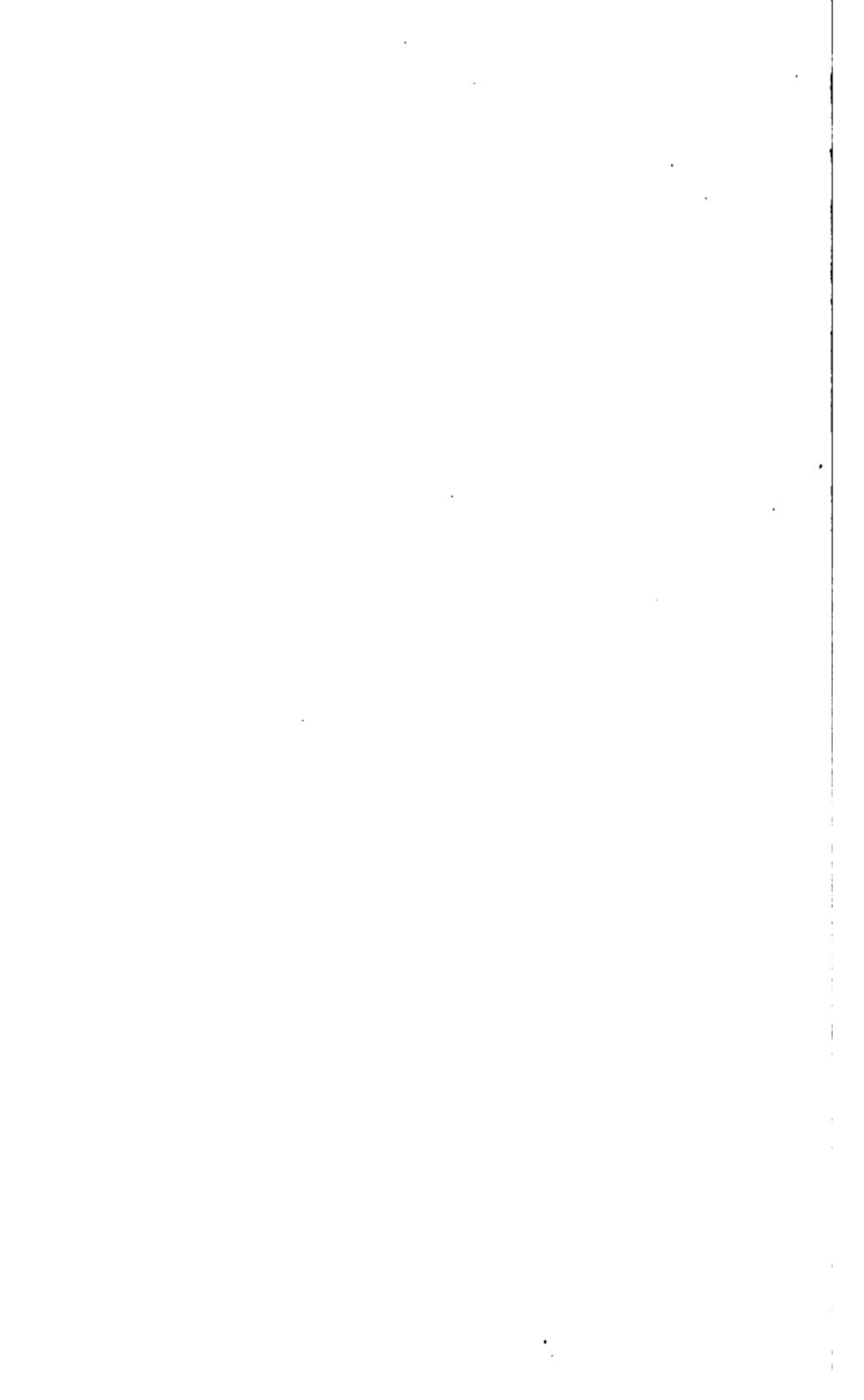
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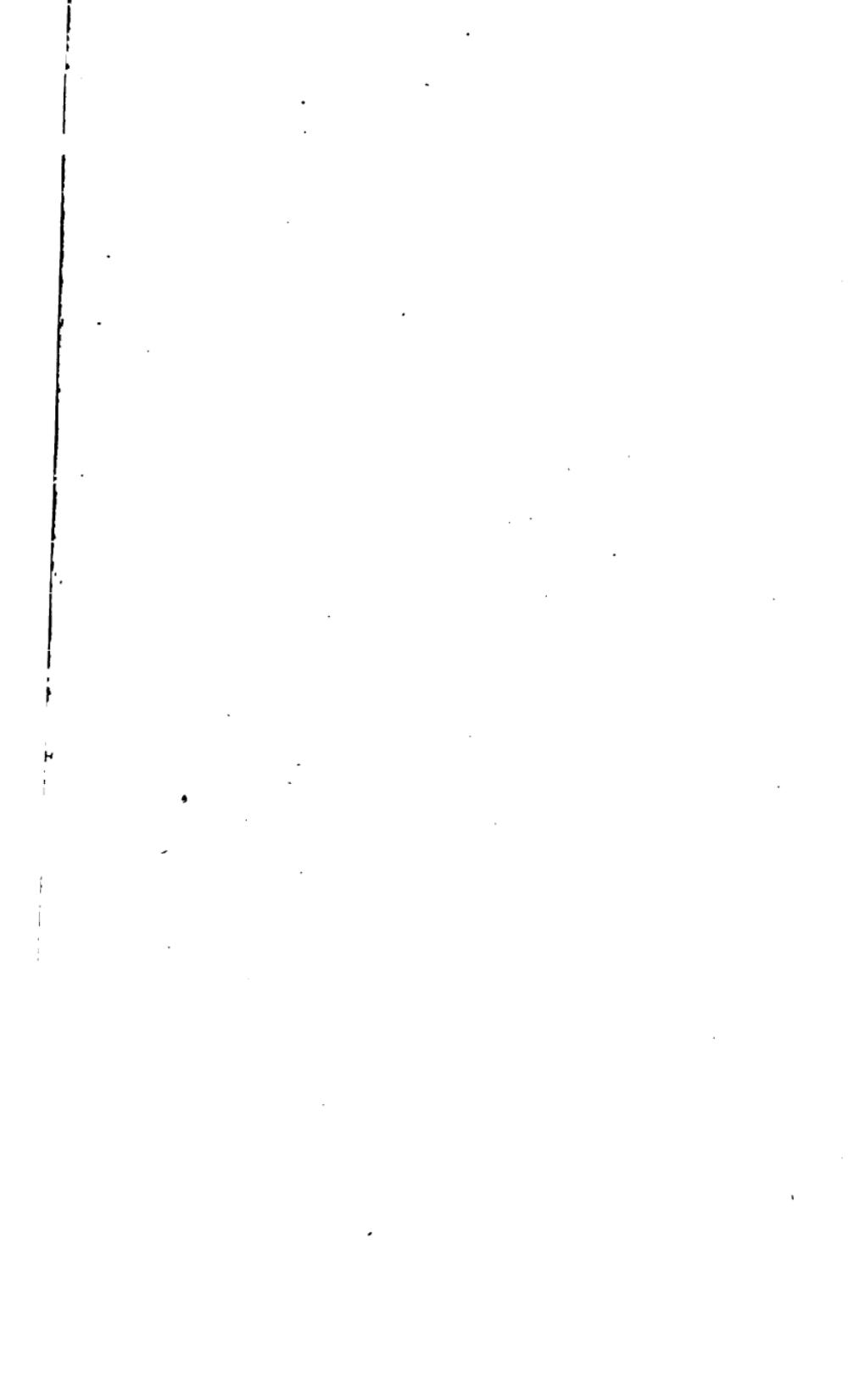
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